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LIVING IN FEAR

Conservationists raised the alarm Tuesday after new mortality figures released by the province showed a dramatic rise in human-caused deaths of Alberta's grizzly bear population. Story, page 4. BRENNAN LINSLEY/THE ASSOCIATED PRESS FILE

Assault victim: 'I was a perfect target' for attack

Punched, robbed.

Monica Grove says she knows the man who assaulted her and wants to put him in jail

LEAH GERMAIN

edmonton@metronews.ca

Monica Grove sees herself as the right person at the wrong place and the wrong time.

After she was violently attacked and robbed Monday morning on her way to the bus, Grove said she plans on rallying her community to find her attacker.

"This has never happened to me," Grove said about the assault. "I'm so lucky he didn't have a weapon, because this man would have used it.

"For that reason, I am hell-bent on getting this guy behind bars."

Shortly after 8:15 a.m., Grove was on her way to a massage therapist appointment when she said a man approached her from behind. As she turned to speak with him, she said the man punched her in the stomach and grabbed for her purse.

As she struggled with the

man, Grove said she was punched repeatedly in the stomach and arm, finally letting go of her bag.

"I was a perfect target," said Grove, who felt in hind-sight she shouldn't have struggled, but felt an instinct kick in at the time.

Suffering from minor aches and bruises from the assault, Grove said she's determined not to let this suspect get away with the attack.

"This guy is a person in (my) community," she said, adding she recognized him from different community events. "He has been around for a while, bottle-collecting."

Police are now searching for a male suspect, described as a possibly Aboriginal, be-

Cops seeking tips

Police are asking Edmontonians with any information on the attack to call EPS at 780-423-4567 or #377 from a mobile phone.

tween fobe foot nine and five foot 10 inches with dark eyes and a pockmarked face.

At the time of the attack, the man was said to be wearing a red toque, a dark blue coat, light-coloured pants and winter boots.

Grove now plans to campaign her community and alert her neighbours about the attack and potential dangers

"I'm a fighter," Grove said.

On the hunt for her attacke



"I'm so lucky he didn't have a weapon, because this man would have used it.... For that reason, I am hell-bent on getting this guy behind bars."

Monica Grove of Edmonton, who says she was assaulted and robbed on Monday morning on the way to her massage therapist

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Policy. 'No zero' teacher says change slow to come

A teacher, who lost his job bringing the "no zero" issue to light says despite a change in school-board policy, principals are still stopping teachers from handing out zeros.

The Edmonton Public School Board changed its policy last April, but former teacher Lynden Dorval told board trustees Tuesday that administration hasn't followed through to change how teachers mark.

"There are still schools where principals are given the directive not to hand out zeros," said Dorval.

He said it's unacceptable that administration hasn't put the policy change into practice.

"If this had been one of my students who had taken 10 months to complete an assignment, I would be giving him a zero," he said.

Superintendent Darrel Robertson said the policy can't be put into place overnight, because administration has to consult with staff to make sure they embrace it.

"Anything that's worthwhile takes a little bit of time. We're looking for commitment, not compliance," he said.

Robertson said assessment is one of the board's core policies and changing something this complex takes time.

"It's not that simple. Our administrative regulation is very complex and we need to ensure we capture the voice of parents and the voice of our staff in that process," he said.

He said he expected to have new regulations in place before September 2014, but in the meantime, schools still expect students to do their work.

"We hold kids accountable for the marks they earn," Robertson said. RYAN TUMILTY/METRO



Fumes ignited deadly blast: Investigators

Gas vapours.

Police have not yet identified two victims in south-side explosion

LEAH GERMAIN

eah.germain@metronews.ca

Edmonton fire investigators are blaming gas vapours for a fatal explosion Monday night, after a propane heater ignited the excess fumes from a vehicle's fuel tank in a south-side garage.

The detached, twovehicle garage in Mill Woods was fully engulfed in flames Monday as fire crews arrived on scene shortly before Police have not yet released the identities of a male and female victim who were killed in the explosion, but family members have confirmed New Brunswick native Phillip Gigou was taken to hospital for secondand third-degree burns after the explosion.

"One of the occupants was able to get out and sustained severe burns and the other two didn't make it out because the path to the outside door was blocked with flames," said Wayne Pawlowski, chief of investigations.

Investigators have determined that an open flame from a propane-fuelled heater ignited a gasoline air-vapour mixture, which spilled from a gas tank that was being removed from a vehicle.

"I think this is a good reminder that you have to be careful with gasoline," Pawlowski added. "It's the vapours that ignite. Gasoline vapours they say are 10 times more explosive than dynamite."

With damages estimated at \$85,000, Fire Marshall Tom Karpa said the open flame from the propane heater combined with the vapours form the gas tank were a recipe for disaster.

"Unfortunately, an accident where the fuel spilled directly in front of the propane heater, you had a small explosion and a massive fire," Karpa said.

Karpa added that there were several precautions that could have been taken to prevent this accident.

Separate incident

Apartment fire traced to overheated oil

Four people were in hospital Tuesday after an early morning apartment fire in north Edmonton.

Six units and 26 firefighters responded to an apartment building on Rundle Drive at 4:50 a.m. Tuesday. According to investigators, the fire began in the kitchen of an apartment when a pot of oil overheated on the stove.

Seven people were taken to hospital, including two infants.

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metronews.ca
Wednesday, February 5, 2014

City residents grow tired of constant game of tag

Paint it back. One local woman suggests community members band together to get a grip on graffiti growth



A group of city residents is struggling to tackle graffiti tags along a popular west-end trail.

Arrowhead Trail — a pedestrian walkway located west of 172 Street that heads north to West Edmonton Mall — has been an ongoing target of graffiti in recent months.

In a recent open letter, Callingwood resident Cathy Backewich pitched an idea "to see each community that is nestled up against a sound barrier wall take ownership of their portion and clean it

Quoted

"With respect to graffiti tagging itself, it doesn't stop when the weather drops."

Don Belanger, program manager with Capital City Clean-Up.

(paint over the graffiti) as soon as it appears."

Backewich wrote that by banding together, the volunteer group could get ahead of the problem.

"Not that we want another community to live through what we have experienced, but our tax money should be spent on other issues in the community besides these criminal acts that continue to plague us," she wrote. Backewich declined to comment prior to a public meeting scheduled for Thursday night.

But the graffiti problem isn't a quick clean.

City officials say they will paint over any profanities that appear on city property, but that colder months slow the process down.

Residents aren't just battling colder temperatures when it comes to graffiti removal, with the city stressing that they're not responsible for covering graffiti on private property. City officials say the tagging isn't just happening at night but also during the day. The issue is also getting the problem reported, said city officials.

"We're trying to get the community to come together, look at solutions, (and be) more proactive in nature," said Belanger.

Edmonton Police and Edmonton officials are meeting with youth at some of the 18 schools in the trail area in hopes of educating youth on the criminal implications of tagging private and public property.



Law. Alberta won't go after most prostitutes

Alberta's justice department says it won't be prosecuting most sex trade workers as it awaits new legislation from the federal government.

A Supreme Court ruling last month ruled that the country's prostitution laws were unconstitutional and the court gave the federal government a year to re-write the law.

The department of justice put out a new directive to Crown prosecutors this week, which, while saying it's ultimately up to a prosecutor to decide, sex-trade workers will generally not be charged until new legislation is in place.

Solicitor General Jonathan Denis agrees with that stance.

"It's generally not in the public interest for the Crown to charge prostitutes," he said. "The idea behind that is that the people involved in the sex trade — the prostitutes themselves — have already been victimized."

Denis said he hopes the new law will be brought in place soon.

RYAN TUMILTY/METRO

'Iconic' grizzlies threatened as deaths soar in 2013

Eleven grizzly bears were illegally killed in 2013 as Alberta recorded its highest number of human-caused deaths in a decade.

A total of 31 grizzlies died last year — with human interaction blamed in more than three-quarters of the cases, according to new provincial figures.

Conservationist Sean Nichols called grizzly bears an "iconic species" and warned poachers are a serious threat to the hulking bruins.

"You go down the highway and you see billboards with big grizzly bears on them," said Nichols, of the Alberta Wilderness Association. "You look anywhere ... grizzly bears are really a symbol of Alberta that's known across Canada and

around the world.

"They're at risk of disappearing fairly soon."

Hunting grizzly bears is illegal in Alberta because they are considered a threatened species.

At 11 illegal deaths, the 2013 figures show a precipitous jump above the 10-year average of 4.3.

Officials with Alberta Environment and Sustainable Resource Development described poaching as the "biggest culprit" and "also the most problematic" when it comes to the grizzly mortality rate.

Conservation groups, including the AWA and Canadian Parks and Wilderness Society (CPAWS), have called for stricter provincial laws as a new species survival plan gets

written.

Wildlife advocates like Katie Morrison also suggest it's too easy to access grizzly bear country through roads, trails and pipeline

"It creates a situation where there's more potential for conflict," said Katie Morrison, of CPAWS' southern Alberta chapter.

BRYAN WEISMILLER/METRO IN CALGARY

Poachers

Poaching can lead to fines up to \$100,000, loss of hunting privileges and jail time.

 Fish and wildlife crimes can be reported through the 24-hour Report-a-Poacher line at 1-800-642-3800.

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Transit. High speed rail project still up in the air

There's a 50/50 chance Albertans could see a high-speed train roll through the province, according to the chair of a legislative committee Tuesday.

Funding for the high-speed bullet train between Edmonton and Calgary is still being studied, with private investors being considered for the train, which could be on track in eight to 10 years, said the committee chair.

But first comes LRT, then comes high-speed train, Mayor Don Iveson stressed Tuesday.

"I think it's good that the province is thinking long-term about high-speed rail ... but the way that they're going to get to the high-speed rail system is public transit," he said.

"We really do need to continue the construction of light rail in both cities so that people can get onto the high-speed network efficiently and effectively."

Committee members say it isn't an either/or situation



when it comes to transportation in Edmonton and that ongoing work is needed on both.

"High-speed rail is important, LRT is very important too, so I'm sure we'll work on both of them," said Calgary-East MLA Moe Amery, who chairs the committee.

A report is expected to surface with committee recommendations by May 25, according to Amery.

STEPHANIE DUBOIS/METRO

Vehicle not left running

Mom charged for leaving kid in car in -17 weather

Edmonton police have charged a 32-year-old mother for allegedly leaving her two-year-old child alone in a vehicle Monday evening, as temperatures dropped to -17 C

dropped to -17 C.

EPS was called to a strip mall near 39 Avenue and Calgary Trail at about 6:30 p.m., where they discovered the girl alone in a vehicle that was not running.

Witnesses alleged the child had been alone for more than 40 minutes.

Cost: \$22.8M

Calgary studio expected to boost Alberta film production

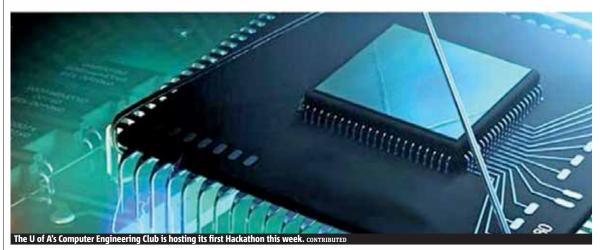
A new film studio and permanent sound stage is to be developed by Calgary Economic Development.

The \$22.8-million studio is scheduled to be running by the summer of 2015, but no location has been announced.

The facility will feature two purpose-built sound stages with the ability to subdivide the larger studio.

There will also be warehouse and workshop space. THE CANADIAN PRESS

Computer Engineering Club



U of A students get their hacking on

Nerd Olympics.

U of A's Computer Engineering Club set to host Hackathon

LEAH GERMAIN

While Canadian athletes prepare for the upcoming Sochi Olympics, local computer-engineering students will be flexing their muscles for their own

set of games.

Proclaimed as the nerd
Olympics, University of Al-

berta's Computer Engineering Club is hosting it's first ever Hackathon.

"Hackathon is a programming competition," explained Michael Blouin, a spokesperson for the Computer Engineering Club.

"Essentially, you come to it and you build something," Blouin said. "Say you have had a good idea for a phone app and you have never had time to build it. The Hackathon is 24 hours of speed coding where students can build that sort of thing, bring attention to their cause and get noticed by companies."

Hackathon

70

number of students expected to compete in the 24-hour Hackathon

Sponsored by Startup Edmonton, GitHub and Microsoft, the event will feature local students as they compete for the attention of leaders of the computer-engineering world.

"We have a recruiter from Microsoft and an engineer from Microsoft," Blouin said. "One of the big things for recruiters is skill and interest. Events like this are really important for them."

Blouin said an event like Hackathon can give students with really interesting ideas the chance to get noticed.

"These kinds of things are very important to (recruiters) because they let us see talent that you just can't put on a re-

The event, planned for Feb. 8 and 9, has more than \$1,200 in prizes available for successful winners

Students can register for the games at compeclub.com.



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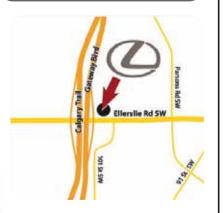


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metronews.ca Wednesday, February 5, 2014 metr⊕

Newcomer wants to turn the page in new community

multiculturalism.

Trilingual author hoping to teach children about diversity

GERMAIN

Joel Assogba knows the best way to change the world is to start with children.

As an author of trilingual children's books, Assogba is looking to encourage diversity in the classroom and students' understanding of different cultures at Edmonton schools.

"I want to do my small part of it," said Assogba, who first immigrated to Gatineau, Que., in the 1980s to live with his father. "You plant some seeds and then maybe it will grow in 100

At a glance

Assogba received his bachelor of business administration degree from the University of Quebec.

Assogba speaks three languages: French, English and Japanese.



Originally from Togo in West Africa, Assogba spent much of his life living between Japan and Canada and experienced how difficult it was to find his place in different cultures.

"I decided to write a book, specifically to focus on the children, because once you give the message to children, they bring that

home and then the mothers and fathers listen," explained Assogba, who taught English and French overseas for more than 17

Assogba said as a father he was especially motivated to write about diversity and change people's perspective on other cultures, after witnessing the way his daughter was treated based on her ethnicity as a child in Japan.

His books include The Rainbow's Kids, Wind of Freedom, I'm Not a Foreigner, Respect for Life and What Colour are Burdocks?

"There's nothing wrong with being different and being a minority within the country," he said.

working

schools in Edmonton, while delivering lectures to schools in Ontario via Skype, Assogba speaks with students of all ages about multiculturalism, diversity and his own experience of being different.

For more information, visit Joel's Multicultural Children's Books and Posters on Facebook

attacked

Opposition parties say it's time for Premier Alison Redford to stop globe-trotting in high style and walk the talk on Albertans living within their means.

Redford is being heavily criticized for billing taxpayers \$45,000 to attend the funeral for former South African leader Nelson Mandela in December.

The Wildrose official Opposition says N.S. Premier Stephen McNeil charged taxpayers less than \$1,000 for the event.

"It shows how far (Redford's) PCs have gone when Albertans have to look to Liberal leaders in the East to find a premier who actually respects the taxpayer," Wildrose critic Rob Anderson said Tuesday in a news release.

NDP Leader Brian Mason said he doesn't think the premier has proper respect for citizens' money. "She loves to go on foreign trips, a number of which have simply been ... massively expensive photo-ops.'

Redford's office blames extenuating circumstances, saying she took a provincial government plane to Ottawa at more than \$14,000 so she could catch a flight with a delegation that included the prime minister. She took a commercial flight home for \$10,000 because she had to get back for the swearing-in of a new cabinet. THE CANADIAN PRESS

CALGARY

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The Alberta Utilities Commission has approved the ATCO Pipelines UPR Project - a proactive proposal to replace and relocate high-pressure natural gas pipelines located in densely populated areas of Calgary and Edmonton into the Transportation Utility Corridors (TUCs) surrounding both cities.

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metronews.ca Wednesday, February 5, 2014 metr⊕

Harb and Brazeau first to be charged in Senate scandal

Expenses. Mounties accuse ex-Liberal and ex-Conservative of fraud

Mac Harb and Patrick Brazeau have been charged with fraud and breach of trust — the first criminal charges to emanate from the Senate expenses scandal, but possibly not the last.

Harb, a former Liberal senator who resigned from the upper house last summer, and Brazeau, a former Conservative senator who was suspended from the Senate last fall, face one count each of fraud and breach of trust in relation to their travel and living expense claims, the RCMP said Tuesday.

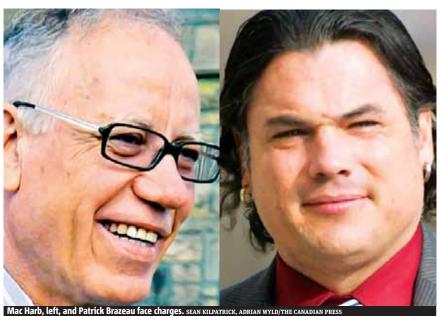
The Mounties continue to investigate allegedly fraudulent expenses claimed by suspended senators Mike Duffy and Pam-

They are also investigating Nigel Wright, who was Prime Minister Stephen Harper's chief of staff when he personally gave Duffy \$90,000 to reimburse the Senate for disputed living expenses.

Tuesday's charges stem from allegations that Harb declared two largely unused country homes as his primary residences, allowing him to claim a Senate housing allowance and living expenses for his supposed secondary residence in Ottawa — where he had lived for years prior to his 2003 appointment.

The Mounties allege that Brazeau fraudulently claimed his father's home in Maniwaki, Que., as his primary residence, although he was rarely seen there and lived primarily in Gatineau, Que. Brazeau, like Harb, has maintained that he did nothing wrong.

THE CANADIAN PRESS



Rules lack clarity?

An independent audit of the pair's expense claims last spring said Senate rules on primary residences lacked clarity and, therefore, the auditors could not determine whether either senator had broken the rules.

But the Senate's internal economy committee declared the rules to be "unambiguous" and demanded that the senators repay their disputed expense claims. Harb complied but Brazeau refused to reimburse the \$48,000 he was asked to pay back. THE CANADIAN PRESS

Newfoundland

Prof sorry for suicide assignment

Memorial University says a professor has apologized for an assignment that the school's student union said made light of sexual assault and mental health.

A spokesman for the St. John's, N.L., university says John Shieh has apologized to his computer science class and replaced the question on his assignment.

The student union said the prof asked them to create a computer program that could help determine whether a rape victim would commit suicide. THE CANADIAN PRESS

Ottawa

Tories updating election law

The Harper government is introducing legislation to toughen up parts of Canada's election law, while loosening the rules that govern political donations and spending. The bill includes a mandatory public registry for automated election calls and penalties for rogue calls. THE CANADIAN PRESS

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Pickup with dead coyotes shocks woman

A Saskatoon woman out grabbing a coffee last Sunday was confronted with a grisly sight.

Tiffiny Koback was sitting with her husband in the drive-thru lineup of a local Tim Hortons. They were stuck behind a pickup truck loaded with uncovered coyote carcasses.

"It was shocking," said Koback, who is the shelter director for the Saskatoon

to snap a picture and shared the image on Facebook.

After the incident, Koback said she looked up the rules in Saskatchewan around coyote hunting and was surprised to find there are no official limitations.

She said understands many farmers with livestock consider them pests but she couldn't believe the brazenness of the truck driver, likely a licensed fur



metronews.ca Wednesday, February 5, 2014

Website helps women get implants

Crowdfunding.

Website allows male 'benefactors' to donate after viewing women's online profiles

CYNTHIA BIGRIGG

For Metro in Toront

Small-breasted women who are unhappy with their cup size take note. With a few clicks of a mouse and some "friendly" conversation, women everywhere can receive a breast augmentation at the hands of a board-certified surgeon — for free.

At least, that's what crowdfunding site MyFreeImplants. com promises their members. This is how it works: Women create a profile with photos detailing why they want a breast augmentation and why they can't afford it. They then market their profiles to potential donors to raise funds for the procedure.

Men, called "benefactors," also sign up free, but they have

to purchase credits, which can be used to send women of their choice messages. The women accumulate cash in their accounts for every message received. Surgeons are paid directly by MyFreeImplants for the procedures.

The site, founded in Los Angeles by Jay Moore and Jason Grunstra, was originally created to raise money so that their friend could have an augmentation

"It was a very simple social network," said Moore. "She was able to raise the funds herself in about four months. With that kind of concept, we developed the full version of the site. It grew organically over the next couple of years and became a full-fledged social network."

The site focuses on a sense of community. Moore believes that more donors are attracted to the idea of an online friendship, rather than provocative content.

"You can get explicit content for free anywhere on the Internet," said Moore.

"Donors are looking to actually make a connection on

a different level. Those donors are more likely to give larger amounts."

Holly Mendez, a 28-year-old customer service representative from Toronto, has been a member of MyFreeImplants for three weeks.

"I've had small breasts all my life," said Mendez. "I had a baby four years ago, and breastfeeding made the situation worse. I feel like if I got (an augmentation), I would feel more confident. It would just make me happy. I'm doing it for me."

Mendez believes that personal connection plays a large role in the fundraising process, and even feels that she has made a few friends in the My-FreeImplants community.

"You can talk about anything. You can talk about the weather, you can talk about cars, you can talk about their job. I just talk about whatever they want to talk about." said Mendez.

So far, Mendez has raised around \$400 toward her goal of \$10,000. She hopes to have the full amount within a year, but says she is enjoying her experience along the way.



France. 20 years after Rwanda genocide, trial begins for former intelligence chief

With a hoist from two bailiffs, Rwanda's former intelligence chief was placed in a courtroom wheelchair Tuesday — and France opened its first trial over the African country's genocide.

The trial of Pascal Simbikangwa, 54, may not reveal much new about the systematic killing of ethnic Tutsis and Hutu moderates by radical Hutus in 1994. A UN war crimes tribunal and other courts have already sent dozens to prison — some for life.

But the Simbikangwa case redeems years of efforts in France by activist groups and other critics who say French officials turned a blind eye to the slaughter, helped some perpetrators to flee Rwanda, and let untold numbers of Rwandans with ties to the genocide live in France for years unpunished.

More than two dozen cases linked to the Rwandan genocide are still being investigated in France.

On Tuesday, Simbikangwa was wheeled into a glassed-in area in the courtroom, identifying himself as "Pascal Safari, — an apparent combination of his real name and his alias, Senyamuhara Safari, according to court documents.

Simbikangwa, who was ar-



rested in 2008 on the French island of Mayotte in the Indian Ocean, is accused of complicity in genocide and complicity in war crimes in 1994 — but not of personally killing anyone.

of personally killing anyone.

Presiding Judge Olivier
Leurent went over the history
of the genocide and claims
against Simbikangwa, such as
that he was involved in torture,
had armed and trained soldiers,
and encouraged them to kill.

Simbikangwa denies the charges, and his lawyers are seeking an acquittal. They have expressed concern that the trial, set to last until March 28, will be lopsided — in part because of the difficulty in finding witnesses who will speak out in his defence

Several human rights groups as well as the Collective of Civil Parties for Rwanda, which has worked for 13 years to bring such a case to French courts, are among several civil parties: Independent plaintiffs who are supporting the state's case.

France had close ties to the government of Rwandan President Juvenal Habyarimana, an ethnic Hutu who was killed when his plane was shot down in 1994. His death set off a torrent of reprisal slayings that left at least 500,000 people dead in just over 100 days — what has been called the 20th century's fastest genocide.

THE ASSOCIATED PRESS



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Parents of castaway thrilled by son's return

A Salvadoran fisherman's account of his survival after more than 13 months and about 10,000 kilometres in an open boat has proved a double miracle for his mother and father, who lost touch with him eight years ago and thought he was dead.

Comments by Jose Salvador

Alvarenga's joyful, sometimes tearful parents about their son may help explain how he survived, but they did little to dispel continued doubts about his tale.

His father, Jose Ricardo Orellana, 65, described a strong, stocky young man who went to sea at age 14. His mother,

Maria Julia Alvarenga, 59, broke into tears after recounting a phone call with her son from the Marshall Islands.

He told her he was well, staying at a hotel and getting food and medicine — but said that he didn't know where he was. THE ASSOCIATED PRESS

Putin gets a purrfect



Russian President Vladimir Putin pets a snow leopard cub at the snow leopard sanctuar Sochi, Tuesday. CONTRIBUTED Russian President Vladimir Putin pets a snow leopard cub at the snow leopard sanctuar Sochi, Tuesday. CONTRIBUTED Austria. Kidnapping threat made against Sochi athletes

WHAT

The Austrian Olympic Committee has received an anonymous letter containing a kidnap threat against Alpine skier Bernadette Schild and skeleton pilot Janine Flock during the Sochi Games.

The letter, written in German, was delivered Monday to the mailbox of its Vienna office, AOC general secretary Peter Mennel said Tuesday.

"We have immediately alerted the Federal Criminal Agency, which is investigating the case,"

Interior Ministry spokesman Karl-Heinz Grundboeck confirmed the ongoing investigation, adding that Russian authorities had been informed and that no information would be made public if or when additional security measures were established for Schild and Flock.

"I am not worried, I don't think too much about the issue," Flock said after arriving in the Russian resort. "I am here to concentrate on my sport."

THE ASSOCIATED PRESS



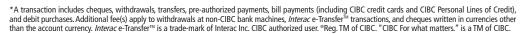
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ready for Olympics

Sochi 2014. Russian president gets cuddly with leopard, International Olympic Committee

Basking in the glow of support from International Olympic Committee chairman Thomas Bach, President Vladimir Putin began his stay at the Sochi Games by promoting a cuddly image, visiting a group of endangered Persian leopard cubs born last summer in the mountains above the Black Sea

"We've decided to restore the population of the Persian leopard because of the Olympic Games, Putin said.

Putin's visit to the leopard preserve was designed as a show of environmental concern during the Sochi Games, which open Friday. The sanctuary was established five years ago as an Olympics-related project.

Putin entered the cage and petted the leopard on the head. "We liked each other," he said.

Some journalists accompanying him weren't so lucky. They apparently upset the big cat, which scratched one of them on the hand

and bit another on the knee, Russian news agencies reported.

The buildup to the Olympics has been overshadowed by Western criticism of an anti-gay law and Russia's record on human rights and other issues, making Sochi among the most politically charged games in years.

U.S. President Barack Obama and key European leaders are shunning the Olympics and Obama has sent a delegation to Sochi made up of three openly gay

Speaking at an IOC gathering, Putin said nothing about the issues confronting the Sochi Games which also include cost overruns and unfinished hotels.

He boasted that Russia had undertaken the monumental effort of starting from scratch in Sochi and completing the needed construction in a short time, something he said it took other countries decades to prepare.

"We realize what a difficult decision this was to hold the Games in a city that barely had 10 to 15 per cent of the necessary infrastructure," Putin told the IOC. "You believed in us, you believed in the Russian character which can overcome all difficulties.

No expenses spared

Putin has thrown open the Kremlin treasury to finance the Olympics, lavishing a record \$51 billion on sports facilities and transportation infrastructure in

With the vast sum invested in the Games, the once-sleepy

resort has turned into a kind of Disneyland of phantasmagorical structures - new highways, sweeping overpasses and top-notch sports venues. Winding roads and rail lines were cut upward into the mountains to newly built alpine facilities.

IOC. Politicians using Games to push agendas: President

Three days before the opening of the Winter Games, IOC president Thomas Bach used a hard-hitting speech to call out politicians for using the Olympics to make an "ostentatious gesture" serving their own agendas.

Bach's comments appeared directed at U.S. President Barack Obama and European politicians who have taken stands against Russia's law banning gay "propaganda" among minors.

For the first time since 2000, the U.S. delegation to an Olympics will not include a president, vice-president or first lady. Former Homeland Security chief Janet Napolitano leads the delegation. German President Joachim Gauck and French President Francois Hollande are also not coming to Sochi. Neither is British Prime Minister David Cameron.

The IOC has come under criticism for not doing more to fight the anti-gay law, but Bach said the committee was a sports organization with limited responsibilities. THE ASSOCIATED PRESS

Calgary gay bar owner backs athlete

It started as a simple friendship, formed long before Russia's human-rights policies took centre-stage.

RayJean Fafard, co-owner of Calgary gay bar Twisted Element, couldn't be happier to aid one of Canada's medal hopefuls, long-track speed-skater Denny Morrison, in his Sochi podium bid.

"I honestly feel like now I'm contributing to something bigger than me," Fafard said Tuesday. "This is important — he's there not only representing Canada, but, in a small part, representing the gay commun-

Fafard first met Morrison at Twisted Element, the largest gay bar west of Montreal, last year. They got to chatting and it didn't take long for the topic of athlete funding — or lack thereof was raised.

Fafard learned Morrison's

training regimen and intense competition schedule takes him all over the world. He agreed to help fund future endeavours.

Fafard keeps in close contact with the speedskater in the lead-up to the Games. "The other day I texted and asked him to send me some photos of the area because I wanted to see what it looks like," Fafard said.

IEREMY NOLAIS/METRO IN CALGARY



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g. More doing

metr⊕ **NEWS** metronews.ca Wednesday, February 5, 2014

"The world's attention is our only hope right now."

Oleg Komin, 32, Kyiv

LawyerStudied in the U.S., hopes his country will follow

"I'm happy Canada's getting involved and put the visa ban on our government."

Dasha Mychailova, 19, Kyiv International-relations student

Sees the protests from an international perspective

"Once people wake up they don't go back to sleep."

Andrew Meakovsky, 24, Kyiv IT specialist

Joined the protests after a law targeted freedom of

"Sometimes I want to huddle in a corner: I'll have to move if things get really bad."

Yuliya Kudriavtseva, 30, Kyiv Translator

Worked with the reporter at the protests









'We want to be part of Europe, not the Soviet Union'

Ukraine. Young people are driving protests in Kyiv and fighting for their future



During a trip to Kyiv three weeks ago, I noticed that many of the Ukrainians occupying its frigid streets were

I was there to write about the riots and considered myself lucky to find Yuliya Kudriavtseva on a translation forum. She took me to protest camps,

barricade checkpoints and occupied buildings.

Since that trip, 10 people have died. One online video shows a bruised, naked man in the snow as police photograph him and smack his head.

I called Kudriavtseva for an update.

"I do what I can to support the cause. I'm too scared to go out and protest," she said.

"I have a business so I pay lots of taxes. I'm happy to pay for schools and hospitals, but it all goes to corrupt officials."

She added that protesters want democracy and human

"We want to be part of Europe, not the Soviet Union."

Kyiv's protests started in

November when Ukraine's president pivoted the indebted country toward Russia, which offered a \$15-billion bailout, instead of the European Union.

Thousands set up Occupystyle tents in Kyiv's central Independence Square and draped banners over the massive Christmas tree.

Ten days later, the government shut down mobile communications and sent in riot police. Dozens of protesters and journalists were injured. Dasha Mychailova, 19, was in the crowd.

"We ran for our lives."

She hid in a bar with friends while others were beaten with police batons.

"Friends of mine were at-

tacked and had to be hospitalized. There's been no compensation or justice," she added.

"This is now a battle over human rights."

When I visited in January, the government had just rushed a law mandating up to 15 years in jail for anyone attending mass rallies.

A week later, thousands at the protest site received an Orwellian text message: "Dear subscriber, you are registered as a participant in a mass disturbance."

That's when Andrew Meakovsky got involved.

"Our freedom is at stake; I had to join the protests."

Although happy with his IT job, Meakovsky said many youth consider moving abroad for higher wages.

"Then you have your freedoms threatened. How can you live here?" he asked. "We are fighting for our future. We love our country and we don't want to leave."

What happens next is uncertain. On Sunday the EU announced a U.S.-supported bailout, contingent on reforms and respect for human rights.

The government proposed releasing arrested protesters last week if activists evacuated occupied buildings. Few did, which worries Kudriavtseva's boyfriend, Oleg Komin.

'There's an unwillingness to listen; both sides won't hear each other."

- The minimum hourly wage in Ukraine is \$0.87.
- One in five young Ukrainians is unemployed, according to official figures.
- Forty per cent of university graduates take jobs far below their qualifications.
- Transparency International ranked Ukraine 144 out of 175 countries on last year's Corruption Perceptions Index

August vote

Alaskans to vote on marijuana legalization

Alaska voters will decide this year whether to legalize marijuana for recreational use.

The Alaska Division of Elections told The Associated Press in an email Tuesday that a citizens' initiative has met all thresholds needed to appear on the Aug. 19 ballot. More than 31,500 signatures have been verified.

Voters in Colorado

and Washington last year became the first U.S. states to legalize marijuana for recreational use. The language of the Alaska initiative is similar to the Colorado measure.

The Alaska lieutenantgovernor's office hasn't yet certified the question for the ballot, but it's expected to do so in the coming weeks.

The initiative would make it legal for adults 21 and older to possess up to 28 grams of marijuana and as many as six plants, including three that are flowering. THE ASSOCIATED PRESS

Kenya

Journalists protest jailing of fellow reporters in Egypt

Journalists in Kenya's capital shouted slogans and marched through the streets Tuesday before sitting outside the Egyptian Embassy in support of jailed reporters in Cairo.

The protesting media members and supporters called for all journalists jailed in Egypt to be freed, but the group focused its

attention on Peter Greste, a Nairobi-based correspondent for Al Jazeera who has been in custody since Dec. 29.

Twenty journalists working for Al Jazeera face charges of joining or aiding a terrorist group and endangering national security. The government accuses the news station of being sympathetic to Egypt's Muslim Brotherhood, a powerful, conservative force in the country.

Nearly 100 journalists and supporters took part in a march and demonstration Tuesday. The ASSOCIATED PRESS

Toxins

Libya says it's destroyed all chemical weapons

Libya's Foreign Ministry said Tuesday the country's caches of chemical weapons, including bombs and artillery shells filled with mustard gas, have all been destroyed.

"Libya is totally empty of any presence of chemical weapons ... which could pose a threat to the safety of people, the environment, or neighbouring regions,"

Mohammed Abdel-Aziz said in remarks carried by Libya's state news agency.

The eradication of the weapons, which date from the era of slain dictator Moammar Gadhafi, marks an important success for Libya, even as its neighbour Syria is struggling to destroy its own chemical-weapons hoard amid a civil war.

Under Gadhafi, Libya declared in 2004 it had 25 metric tonnes of sulfur mustard and 1,400 metric tonnes of precursor chemicals used to make chemical weapons.

THE ASSOCIATED PRESS

The revolution will be Changes. Satya Nadella takes over Microsoft, as Bill Gates named adviser televised ... on Netflix

Do adjust your screen.

Survey says 29% of Canucks subscribe to Reed Hastings' brainchild to stream content

Netflix continues to grow in Canada and is being used in millions of households, suggest two research reports.

Telephone surveys commissioned by the Media Technology Monitor with 4,009 anglophone Canadians between Oct. 7 to Dec. 1 found that 29 per cent of the respondents said they were Netflix subscribers.

That was up nearly 40 per cent compared to MTM survey results from 2012. Based on the latest polling data, MTM estimates there are 5.8 million Canadians using Netflix to stream content.

Solutions Research Group Consultants estimates that three million Canadian households are using Netflix, based on an online poll conducted in November.

Of the Netflix users polled, almost nine in 10 said they found the \$8-amonth subscription fee to be "excellent" or "good" value for their money, and the average user spent 1.5 hours a day watching TV shows or movies with the

That poll also revealed that 81 per cent of the respondents said they watch short online videos monthly and 56 per cent were watching long-form content.

MTM's polling suggests that more Canadians are connecting their TVs to the Internet to play online video on their biggest screen.

About 26 per cent of the respondents said they use their TV to access on-



line content, which was up Plug in, turn on, and pay up about 20 per cent from the previous year. MTM attrib-

Netflix's \$8-a-month subscription fee was found to be "excellent" or "good" by nine out of 10 users polled.

in Canada in September 2010, no longer discloses pany's first international how many Canadian cusmarket outside the U.S.

The results of the MTM poll conducted by Forum Research are considered accurate within 1.5 percentage points 19 times out of

The polling industry's

professional body, the Marketing Research and Intelligence Association, says online surveys cannot be assigned a margin of error because they do not randomly sample the population like traditional telephone polls. THE CANADIAN PRESS

More popular than Jesus?

In the name of the Father, Son and Facebook

More Americans check Facebook daily than read the Bible and it has more monthly users than most continents have people.

utes the growing popularity

of Netflix as the biggest rea-

Netflix, which launched

It last reported the ser-

vice had reached the one-

million Canadian subscrib-

er milestone just shy of

its one-year anniversary in

Canada, which was the com-

son for the increase.

tomers it has.

Facebook, which celebrated its 10th anniversary on Tuesday, says it has 757 million daily active users. Of those 19 per cent are in the U.S. and Canada, so that's more than 143

million people checking Facebook daily. A 2006 CBS News poll found 15 per cent of U.S. adults read the Bible or other religious texts daily. There are about 267 million adults in the U.S. and Canada. That means about 40 million

people reading the Bible

And then there are monthly users — Facebook claims 1.23 billion of them, roughly the population of all of North America and Europe combined. THE ASSOCIATED PRESS

Microsoft has named Satya Nadella, an executive in charge of the company's small, but growing business of delivering software and services over the Internet, as its new CEO. Company founder Bill Gates is leaving the chairman role for a new role as technology adviser.

The software company announced Tuesday that Nadella will replace Steve Ballmer, who said in August that he would leave the company within 12 months. Nadella will become only the third leader in the software giant's 38-year history, after Gates and Ballmer. Board



member John Thompson will serve as Microsoft's new chairman. The associated press

\$500M boost. Walmart puts retailers in Canada on notice with 35 new stores

Walmart is opening 35 more Canadian supercentres as part of nearly \$500 million in planned investments over the next year as the retailer works to increase competitive pressure on its rivals.

The 2014-15 expansion announced Tuesday will generate about 7,500 jobs, including construction work.

The world's biggest retailer plans to invest more than \$376 million to build, expand, relocate or remodel its stores. It will also spend \$31 million for e-commerce projects and \$91 million to improve its distribution network to handle more fresh food.

The expansion will increase competition for Canadian retailers — especially grocery, pharmacy and clothing chains – who compete with Walmart. THE CANADIAN PRESS

Market Minute



13,504.48 (+18.28)



Natural gas: \$5.30 US (+\$0.35) Dow Jones: 15,445.24 (+72.44)





metr⊕ **VOICES**

STUFFAHOLISM KILLS

Now that the hangover from the orgy of materialism known as Christmas has finally evaporated, it's time to face the obvious.

We are stuffaholics and we are suffering from "stuffocation."

Christmas is merely the climax in a year of mounting over-consumption. It starts on Black Friday, marches through Cyber Monday, and culminates in two weeks of Boxing 'Day,' with the religious dimension of the holiday being swept away in a tsunami of consumption that now starts rolling even before Halloween. But we don't know what else to do with ourselves.

Stuffocation is the title of a new book by trendspotter James Wallman, and it's the perfect word for our current state. Too much everything. It's going to the closet, says Wallman,

"and it's bursting with clothes but you can't find a thing to wear." For other critters on the planet, the consequences are more



Paul Sullivan

There's an island called Midway, which is 2,000 miles from land, where the sea birds are literally stuffocating on the garbage they've ingested from the formerly pristine ocean and beaches. You can watch this on Upworthy. Check it out and weep. I did.

But Wallman has an interesting theory. He thinks we've finally had enough of stuff and the dominant philosophy of the day is changing.

We're evolving again. Materialism and its stuffocating side effects are giving way to "experientialism," which means we're starting to value experiences over things.

Back in the bad old days of conspicuous consumption, your stuff had a point. It was a symbol of your status. Your car was more than a ride from point A to point B; it was a sign you could

afford to spend enough to keep an African village alive for a year on your conveyance.

. That was then, when it was necessary to impress those in

your immediate vicinity. But now that everyone (and I mean everyone) is in the media business, we need content to broadcast to our far-flung friends on Facebook and Twitter.

"I went shopping" is boring. "I hiked the Pacific Crest Trail"

And who needs a car when you can just use a Zipcar? According to Wallman, Apple is the perfect bridge from materialism to experientialism. You buy an iPhone and even the package it comes in is an experience. But there are other pioneers in this brave new world. For instance, Patagonia sells, through its partnership with eBay, used clothing and the stories behind it. Puma has a bag called the Clever Little Shopper; if you put it in hot water for three minutes it dissolves, leaving no residue and you can safely pour it down the

Of course, experientialism is just another marketing scheme. This time you buy the experience, and the stuff is just the details. But in a world that's lost its meaning and is stuffocating us all, it's a tiny message of hope - in a bio-

ZOOM

Addressing the white lion in the room



Endangered Species Act endangered?

White lioness Azira lies in a cage with her white cubs that were born last week in a private zoo in Borysew, in central Poland.

White lions are virtually extinct in the wild and often have defects that prevent them from giving birth, or the mother rejects her cubs, but in this case the cubs are doing well. The U.S. Endangered

Species Act — designed to prevent plights like that of the white lion for wildlife in America — may be endangered itself. Republicans in Congress are calling for an overhaul to the act, who proponents credit with staving off extinction for hundreds of species, but critics contend has been abused by environmental groups seeking to restrict development in the name of species protection. THE ASSOCIATED PRESS



In 40 years, the U.S. go has spent billions of dollars trying to save some 1,500 species deemed endangered, like the grizzly bear.

CZAREK SOKOLOWSKI/THE ASSOCIATED PRESS

Political protection

The political hurdles for an overhaul of the law are considerable. The Endangered Species Act enjoys fervent support among many environmentalists, whose Democratic allies on Capitol Hill have thwarted past proposals for change.



With Facebook falling out of vogue among the web savvy, the social media site is doing its darndest to log some of your precious screentime hours. Introducing Paper, a social app that takes the good ol' fashion design sensibilities of a magazine, combines them with a newspaper and puts it all online. But while the news reading app isn't yet available on the Canadian iTunes store, you don't have to stay stuck in the dark ages.

Flipboard:

Curate a magazine filled with articles from your favourite social networks, blogs or

Feedly:

The go-to RSS reader once Google reader died (RIP), Feedly lets you set up feeds for your favourite sites in a simple, user-friendly, mag zine style format



A Vancouver woman hopes to open a cat café this fall, based on ones popular in Tokyo. What other kinds of themed cafés would you like to see open up?

@PascalCoder Retro Gaming Cafe, that accepts Bitcoin along with Canadian Dollars! E-Sports on the TVs. LCD Tetris Tables!

@wgb75 Why can't Edmonton have a puppy cafe. A lot would be **@teemodajo** A crafty cafe with local artiste's wares.

@Chris cymru board game cafe. Like snakes &lattes in Toronto

@notmattdaubs does Anne Murray have a cafe? She probably should.

@mmmhustler403 A campingtheme cafe with a few real (small) bonfire/campfire for people to sit around, #YYC

@MainStPoodle I'd like to see a dog cafe. Right next door to the

VE WANT TO HEAR FROM YOU: end us your comments: edmontonletters@metronews.c



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metronews.ca Wednesday, February 5, 2014

Minifigs movie built on an idea that's been around the block

Silver screen play box.

The Lego Movie latest film hoping to turn kid's tov into a blockbuster



FOCUS

Alfred Hitchcock said, "Ideas come from everything," and certainly Hollywood proves his point.

Just this year we've had films inspired by everything from Norse mythology by way of comic books (Thor: The Dark World), real life (Captain Phillips, American Hustle to name a couple) and literature (The Hobbit: The Desolation of Smaug to name one).

Like Hitch says, story ideas can come from anywhere. Even the board games and toys we played with as kids.

This weekend Hollywood has built a movie around a set of building blocks. The most famous building blocks in the world. The Lego Movie features the all-star voices of Will Ferrell, Liam Neeson, Elizabeth Banks and Morgan Freeman in a story about an ordinary Lego minifigure recruited to stop the evil tyrant Lord Business from gluing the universe together.

Lego's colourful interlocking plastic blocks are the latest toy to inspire a movie, but they aren't the first.

The 1977 animated film Raggedy Ann & Andy: A Musical Adventure has the distinction of being the first theatrical motion picture



Lego's colourful interlocking plastic blocks are the latest toy to inspire a movie, but they aren't the first.

based on a consumer toy. In the movie the rag dolls go on a journey to rescue Babette, a beautiful French doll kidnapped by a pirate. Described as "tedious" and "lacking in pace and humor" by many critics, the movie has also been mentioned as an unofficial inspiration for the Toy

Å few years later came an action figure that would inspire several movies. Roger Sweet, lead designer for Mattel's Preliminary Design Department, says he wanted "a powerful figure that could be taken anywhere and dropped into any context because he had a generic name." That character was He-Man, defender of the realm of Eternia from the evil forces of Skel-

The job of bringing that bigger-than-life character from the toy box to the screen fell to Dolph Lundgren in the 1987 film Masters of the Universe. The original story wasn't a hit at the box office and isn't one of Lundgren's

"How much could I do as an actor," he asked, "when I was running around in swim trunks and chest armor?"

More successful was Clue, based on the crime mystery board game. Starring Eileen Brennan and Martin Mull as murder suspects Mrs. Peacock and Colonel Mustard, the movie was released with three possible endings. The various endings were split up between theatres, so no two prints were the same, but the

Juno noms Reflektor Arcade Fire's heat

Montreal's Arcade Fire, whose Haitian-inspired fourth album Reflektor was one of the most critically acclaimed releases of the year, has nabbed a leading six Juno nominations.

Michael Bublé and Stompa singer Serena Ryder are close behind with five nominations

Tegan and Sara, Drake, Céline Dion and Hedley round out the field with four nods each heading into the March 30 show in Winnipeg.

The nominations were announced Tuesday morning at a news conference in Toronto.

Arcade Fire will compete in the album of the year category against Dion's Loved Me Back to Life, Drake's Nothing Was the Same, Bublé's To Be

Loved and Ryder's Harmony.
Blurred Lines crooner Robin Thicke, who pulled in three Juno nominations, was announced as a performer at the show, as were indie darlings Tegan and Sara, and

Thicke, who has dual citizenship, will compete for artist of the year against Dion, Drake, Bublé and Ryder.

Group of the year will be contested by Arcade Fire, Blue Rodeo, Hedley, Tegan and Sara, and Walk off the Earth. The Burlington, Ont., band known for their innovative videos earned three nominations overall.

Arcade Fire will also compete for alternative album of the year along with Rah Rah's The Poet's Dead, Royal Canoe's Today We're Believers, Warring by The Darcys and Uzu from Yamantaka//Sonic Titan. THE CANADIAN PRESS



metroews.ca Wednesday, February 5, 2014



All's Vanity Fair in Gwyneth's war on exposé — magazine reconsiders

That Vanity Fair piece on Gwyneth Paltrow might never see the light of day, according to editor Graydon Carter, but not because of the Oscar-winning actress impressive attempts to quash the mag's efforts. It turns out the final piece "was such a far cry from the almost mythical story that people were by now expecting the 'epic take-down,' filled with 'bombshell' revelations — that it was bound to be a disappointment," Carter writes in the magazine's latest issue. He also reveals a 20-minute conversation

with Paltrow herself about the article's future. "At one point, she asked my advice as to what to do to get the 'haters' on her side," Carter writes. "I suggested putting on 15 pounds. I joked that it works for me. She replied that I had put on much more than that." And Paltrow's efforts to kill the article did register with Carter, who recounts the actress ordering her A-list friends to "not speak to Vanity Fair about her or about anything else ever again," he writes. "Kim Jong-un couldn't have issued a more blanket demand."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Hoffman introduced himself as a heroin addict

MELINDA TAUB Metro World News

Philip Seymour Hoffman's death came as a tremendous shock to his fans. He himself, though, didn't try to hide that he had a problem: Just two weeks ago, he introduced himself to a stranger as a heroin addict.

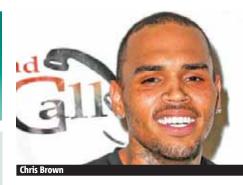
Magazine publisher John Arundel was at the Sundance Film Festival recently, where he began chatting with Hoffman, whom he did not recognize. Arundel asked what he did for a living. "He said, 'I'm a heroin addict,' " Arundel told the New York Post.

Hoffman then took off his "sloppy hat," at which point Arundel recognized the star. Before he walked away, Hoffman added, "I just got out of rehab."

It's especially heartbreaking to know that Hoffman was fully aware of the dangerous path he was on, but was unable to stop.

Hoffman was found

Hoffman was found dead Sunday in a Manhattan apartment. According to police, he was found in the bathroom with a needle still in his arm. Hoffman had been sober for 20 years, sources say, until a relapse last May



Brown's lawyer says yes, yes, yes, to keeping singer in rehab and out of jail

Some good news, at last, for Chris Brown. A judge has agreed that the troubled singer is "making great strides" in his current live-in rehab program and doesn't need to be in jail, according to E! News. Brown's attorney, Mark Geragos, successfully convinced the court to not interrupt Brown's treatment despite new witnesses coming forward in his Washington,

D.C., assault case from last year that the L.A. County District Attorney's office argues violates his probation from his 2009 conviction for assaulting Rihanna. "I say keep things on a short leash. Keep him where he is now," Geragos argued. "He is making great strides, and all you have to do is look at him. I've known him for five years, he's as good as he's ever been."

Aniston regrets crop, opts for sweet extensions of youth

Jennifer Aniston reversed course on her recent cropped hairdo, having extensions put in to bring it back to a more comfortable length. "Jen had been complaining to friends that she didn't like the short hairdo. She thought she wanted a drastic change but felt it wasn't the right look for her," a source tells Radar Online. "She felt having the short hair made her look older, which she is trying to avoid. Having long hair,



according to Jen, makes her look younger."



New Homes Available For Immediate Possession

Of course all Coventry spec built homes come with the features we consider standard. Highlights include solid granite countertops in the kitchen, full height kitchen cabinets, hardwood flooring on the main level with matching heat registers, 10lb carpet underlay and 9ft ceilings in the basement.

Please visit your nearest showhome or see www.coventry-homes.com for more details.



BROADCAST SCHEDULE





ANDI PETRILLO ANDREW CHANG

OLYMPIC OVERNIGHT

DIANA SWAIN DAVID AMBER

OLYMPIC MORNING

SCOTT RUSSELL

OLYMPIC DAYTIME

RON MACLEAN

OLYMPIC PRIMETIME

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FEBRUARY 6 - 23















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THIELENIRY

FEB 6 ALL TIMES MOUNTAIN TIMES MOUNTAIN ₩ L

COMPETITION THU

Qualification for Freestyle Skiing (Slopestyle & Moguls) & debut of Team Figure Skating

OPENING CEREMONY FRI FEB 7

Countdown to th A special CBC-T\

ALPINE SKIING

LADIES' SG &

MEN'S HOCKE

SVK vs SLO

4 AM - 5:30 AM

SHORT TRACK

SPEED SKATIN

MEN'S HOCKE

USA vs RUS

8:30 AM - 10 A

SKI JUMPING

12:15 PM - 1:1 CROSS COUNT

LADIES' RELAY

SPEED SKATIN

MEN'S 1500M

ALPINE SKIING

LADIES' SG

SKELETON

MEN'S

MFN'S

SKIING

4x5KM

FEB 9 FEB 8 **FEB 10 FEB 11 FEB 12 FEB 13** FEB 14

(FEB 7) 10:30 PM -SNOWBOARD MEN'S SLOPESTYLE SNOWBOARD

MEN'S SLOPESTYLE

CROSS COUNTRY LADIES' SKIATHLON

4:30 AM - 5:15 AM SPEED SKATING MENS 5000M

WOMEN'S HOCKEY CAN vs SUI

FIGURE SKATING TEAM EVENT

FREESTYLE SKIING LADIES'



OTTAWA @ BOSTON

VANCOUVER @ TORONTO

MONTREAL @ CAROLINA

FOR FEB 8. OLYMPIC PRIME TIME STARTS AT 7 PM

RIME

4

12 AM - 2:15 AM ALPINE SKIING MEN'S DOWNHILL

SNOWBOARD SLOPESTYLE

3:15 AM - 3:45 AM CROSS COUNTRY MEN'S SKIATHLON

SPEED SKATING LADIES'

FIGURE SKATING TFAM MEN'S FREE LADIES' FREE DANCE FREE

SKI JUMPING MEN'S 12:30 PM - 3 PM

MEN'S LUGE & BIATHLON WOMEN'S 7.5 KM SPRINT

10 PM - 12:30 AM **CURLING-MEN'S GER vs CAN**

12:30 AM - 2:45 AM ALPINE SKIING LADIES' SC (DH)

45 AM - 5:30 AM SHORT TRACK SPEED SKATING

ALPINE SKIING LADIES' SC (SL)

7 AM - 7-45 AM FREESTYLE SKIING MEN'S MOGULS

WOMEN'S HOCKEY FIN vs CAN

11 AM - 12:30 PM FREESTYLE SKIING MEN'S MOGULS

LADIES'

FIGURE SKATING

PAIRS' SHORT

1 PM - 2 PM

WOMEN'S 10 KM

BIATHLON

PURSUIT

1 PM - 2 PM BIATHLON MEN'S 12.5 KM PURSUIT

WOMEN'S LUGE

10 PM - 1 AM **CURLING-WOMEN'S SWE vs CAN**

FREESTYLE SKIING ALPINE SKIING LADIES' SLOPESTYLE LADIES' DOWNHILL

2:30 AM - 3:15 AM NORDIC COMBINED CURLING-MEN'S CAN vs SWE MEN'S INDIVIDUAL

5:30 AM - 8 AM **CROSS COUNTRY** WOMEN'S HOCKEY SKIING

6-45 AM - 10:30 AM SPEED SKATING SPEED SKATING LADIES' 500M & LADIES' LUGE MEN'S 1000M SNOWBOARD

10:30 AM - 11:30 A SNOWBOARD MENS' 10:15 AM - 11:45 A HALFPIPE FIGURE SKATING PAIRS FREE 11:30 AM - NOON SKI IUMPING

11:45 AM - 12:45 PI SNOWBOARD LADIES' HALFPIPE

1 PM - 2 PM LUGE DOUBLES

2 PM - 3 PM NORDIC COMBINED MEN'S INDIVIDUAL 10 KM

10 PM - 12:30 AM CURLING-WOMEN'S **CAN vs DEN**

12:30 AM - 2:15 AM WOMEN'S SKELETON

2:30 AM - 3:45 AM FREESTYLE SKIING **MENS' SLOPESTYLE**

4 AM - 5:15 AM SHORT TRACK CAN vs USA SPEED SKATING

5:30 AM - 8 AM MEN'S HOCKEY RUS vs SLO LADIES' HALFPIPE 8 AM - 9 AM

> LADIES' 1000M 9 AM - 9:45 AM BIATHLON MEN'S 20 KM

SPEED SKATING

INDIVIDUAL 10 AM - 12:30 PM **MEN'S HOCKEY**

> 1 PM - 2 PM LUGE TEAM RELAY

CAN vs NOR

CROSS COUNTRY SKIING LADIES' 10KM CLASSIC

CURLING-MEN'S CAN vs NOR

1 AM - 3:30 AM ALPINE SKIING MEN'S SC (DH) & **MEN'S HOCKEY** CZE vs LAT

CROSS COUNTRY SKIING MEN'S 15KM CLASSIC

6 AM - 6-45 AM ALPINE SKIING MEN'S SC (SL)

6:45 AM - 7:45 AM FREESTYLE SKIING LADIES' AERIALS

8 AM - 9:45 AM SKELETON MEN'S & WOMEN'S

10 AM - 12:30 PM MEN'S HOCKEY CAN vs AUT

FREESTYLE SKIING LADIES' AERIALS

2 PM - 3 PM SKI JUMPING MFN'S QUALIFICATION

10 PM _ 1 AM CURLING-WOMEN'S **CAN vs JPN**

JONATHAN TOE **EVERY PICTUR** TELLS A STORY (DOCUMENTAR

CURLING-MEN USA vs CAN

OLYMPIC PRIME TIME 6pm to 10pm

Host Ron MacLean connects viewers to the day's stories including all the best moments and interviews with athletes. Enjoy a deeper connection with Primetime Plus, a second screen experience available exclusively on the CBC Olympic Games App.

Schedule subject to change

Visit cbc.ca/olympics to access the most comprehensive and up-to-date comp from Sochi 2014 for both TV and online viewing across all channels.







e Opening Ceremony begins at f 8am on CBC and CBC News Network with full event coverage starting at f 9am. / primetime show at 5pm features athlete reaction to the Opening Ceremony.

SUN	MON	TUE	WED	THU	FRI	SAT	SUN	
FEB 16	FEB 17	FEB 18	FEB 19	FEB 20	FEB 21	FEB 22	FEB 23	AVAILABLE On:
1 AM - 2:15 AM ALPINE SKIING MEN'S SG 2:15 AM - 3:15 AM SNOWBOARD LADIES' SBX 3:15 AM - 6 AM CURLING-WOMEN'S USA VS CAN 7 AM - 8:45 AM SPEED SKATING LADIES' 1500M 9 AM - 9:45 AM BIATHLON MEN'S 15 KM MASS 10 AM - 12:30 PM MEN'S HOCKEY CAN VS FIN 1 PM - 2 PM TWO-MAN BOBSLEIGH 2 PM - 3 PM CROSS COUNTRY SKIING MEN'S RELAY 4x10KM 1 OPM - 1 AM CUPLING-WOMEN'S TBD	5:30 AM - 8 AM WOMEN'S HOCKEY SEMI FINALS 8 AM - 9:45 AM TWO-MAN BOBSLEIGH	12 AM - 1 AM ALPINE SKIING LADIES' GIANT SLALOM 1 AM - 3:30 AM MEN'S HOCKEY QUALIFICATION PLAYOFF 3:30 AM - 4:30 AM SHORT TRACE LADIES' 1000M MEN'S 500M 4:30 AM - 5:15 AM ALPINE SKIING LADIES' GIANT SLALOM 5:30 AM - 8 AM MEN'S HOCKEY QUALIFICATION PLAYOFF 8:15 AM - 9 AM WOMEN'S BOBSLEIGH 10 AM - 12:30 PM MEN'S HOCKEY QUALIFICATION PLAYOFF 1 PM - 2:45 PM NORDIC COMBINED MEN'S INDIVIDUAL 10:15 PM - 12 AM SNOWBOARD MEN'S & LADIES' PGS	12 AM - 2 AM ALPINE SKIING MEN'S GIANT SLALOM 2 AM - 3 AM SNOWBOARD MEN'S & LADIES' PGS 3 AM - 5:30 AM CURLING-WOMEN'S SEMI FINAL#1 5:30 AM - 8 AM MEN'S HOCKEY QUARTERFINAL 8:15 AM - 9 AM CROSS COUNTRY SKIING MEN'S & LADIES' TEAM SPRINT 9 AM - 9:45 AM SNOWBOARD MEN'S & LADIES' PGS 10 AM - 12:30 PM MEN'S HOCKEY QUARTERFINAL 1 PM - 2 PM FIGURE SKATING LADIES' SHORT 2 PM - 3 PM CROSS COUNTRY SKIING MEN'S & LADIES' TEAM SPRINT CLASSIC	12:45 AM - 1:30 AM FREESTYLE SKIING MENS' SKI CROSS 1:30 AM - 2:15 AM NORDIC COMBINED MEN'S TEAM LH 2:30 AM - 4 AM FREESTYLE SKIING MENS' SKI CROSS 4 AM - 5:15 AM NORDIC COMBINED MEN'S TEAM 4X5KM 6:30 AM - 10 AM CURLING-WOMEN'S GOLD MEDAL MATCH 10 AM - 1 PM WOMEN'S HOCKEY GOLD MEDAL MATCH 1 PM - 2 PM FREESTYLE SKIING LADIES' HALFPIPE 2 PM - 3 PM NORDIC COMBINED MEN'S TEAM 4X5KM	12:45 AM - 1:30 AM FREESTYLE SKIING LADIES' SKI CROSS 2:30 AM - 4 AM FREESTYLE SKIING LADIES' SKI CROSS 6:30 AM - 9:30 AM CURLING-MEN'S GOLD MEDAL MATCH 10 AM - 12:30 PM MEN'S HOCKEY SEMI FINAL 1 PM - 2 PM SPEED SKATING MEN'S & LADIES' TEAM PURSUIT 2 PM - 3 PM ALPINE SKIING LADIES' SLALOM 10:15 PM - 12 AM SNOWBDARD MEN'S & LADIES' PS	2:15 AM - 4 AM SNOWBOARD MEN'S & LADIES' PS 4:15 AM - 5:30 AM CROSS COUNTRY SKIING LADIES' 30KM MASS 5:45 AM - 6:30 AM ALPINE SKIING MEN'S SLALOM 6:30 AM - 8 AM SPEED SKATING MEN'S & LADIES' TEAM PURSUIT 8 AM - 11 AM MEN'S HOCKEY BRONZE MEDAL MATCH 11 AM - 12:15 PM FOUR-MAN BOBSLEIGH 12:15 PM - 1 PM ALPINE SKIING MEN'S SLALOM 2 PM - 3 PM BIATHLON MEN'S 4x7.5KM RELAY	12 AM - 2:45 AM CROSS COUNTRY SKIING MENS' 50KM MASS 2:45 AM - 4 AM FOUR-MAN BOBSLEIGH 4 AM - 5 AM MEN'S HOCKEY PRE SHOW 5 AM - 8 AM MEN'S HOCKEY GOLD MEDAL MATCH 9 AM - 11:30 AM CLOSING CEREMONY	MEDAL ROUND MEDAL ROUND MEDAL ROUND





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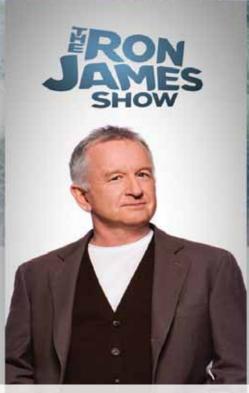
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June 12 - July 13



What a winter fun-derland

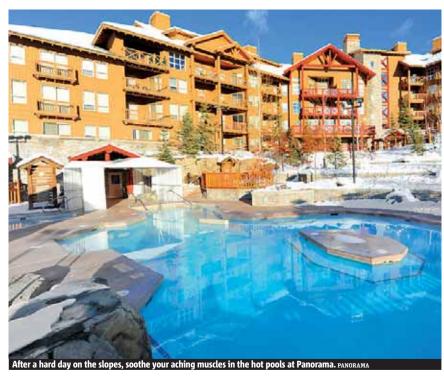
Panorama. From hardcore powder hounds to high-end dining aficionados, this B.C. mountain resort has something for everyone

KATHY **BUCKWORTH**

Located a scenic four-hour drive northwest from Cal-Airport, Panorama, B.C., is a unique ski resort destination that has something for the whole family, including its signature panoramic views.

With a 4,000-foot vertical, 2,800 acres of terrain, over 120 trails, two bowls and two terrain parks, there are plenty of gentle green and more challenging blue runs for beginners and experienced skiers to warm up on before hitting the tough double black diamond Taynton Bowl. Panorama is on the lighter side of the socalled Powder Highway and conditions can vary.

One hundred per cent slope-side accommodation makes it easy for families to take a quick walk to the high-speed quad lifts at the bottom. Families can choose from studio, one, two, and three bedroom suites with kitchen facilities and fireplaces.



The new PanoPass is included in every lift ticket and provides for unlimited skiing, snowboarding, crosscountry skiing, tubing and tobogganing.
The PanoKids ski school

has instructors for all ages

After a hard day on the hill, the hot pools are filled with adults soothing aching muscles and kids enjoying water play outdoors in the middle of the winter. Panorama has the largest slope-side pool collection in Canada.

There are a variety of food options including the Great Hall for basic food fare, while the TBar & Grille menu includes pub staples like chicken wings and nachos during the day, turning into the "party bar" in the evening. The Wildfire Grill has a moderately priced menu perfect for a family night out. The Earl

Grey Lodge's restaurant is a gourmet food lovers delight. Or, shop at the General Store for snacks or to prepare your own meals; grab a bottle of wine at the village liquor store as well.

Hearty types who make it up to the Summit at the top of the hill can enjoy chili, bison burgers and more for the hungry midday skier. Be warned to use the outside washroom before taking off your ski outerwear

Panorama quick facts

- Average winter temperature. -5 C
- Longest run. Is 5.5 km and is Never, Never Land in the Taynton Bowl
- Trails. 120 named trails
- Average snowfall. 479 centimetres
- Ski season. December until April

and warming up by the wood fire.

Heli-skiing is offered by Rk Heliski, which has been flying skiers for 44 years to over 120 organized landings, over 1,500 square kilometres. Skiers and boarders are given a hearty breakfast at Choppers Landing prior to beginning their safety training and flight up. Rk also offers a fondue experience which has diners fly to The Summit for a cheese, meat and chocolate fondue meal before either flying back down, or skiing off some of the meal.

Panorama's tag line -Getting to Panorama is easy. Leaving is the hard - weighs true for part' the many travellers who fly WestJet into Calgary. Arrangements can be made for one of two daily free Panorama shuttles, or rental cars are available at the air-

select destinations until February 17*

details at aircanadavacations.com



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metronews.ca
Wednesday, February 5, 2014

Your trip to a life-changing light show

Yellowknife. Tourists around the world flock to Canada's north to witness one of nature's lovely miracles

A van picks up a score or so of tourists from a Yellowknife hotel and heads off into the night, destination wonderment.

"The aurora is one of our dreams," explains Kazna Mori of Japan, who's come to these silent, snowy woods outside of the northern capital in hopes that on this night the northern lights will dance for her.

"It's a dreaming thing," she says. "It's a miracle thing."

She's one of a few dozen visitors this night to Aurora Village, a collection of woodheated teepees and other facilities about a half-hour's drive into the boreal forest, where the only competition for the aurora borealis comes from the stars and the moon.

For 10 years, the village has welcomed viewers to one

A particularly good aurora is greeted like a rock star, according to locals in Yellowknife. GETTY IMAGES

of the best borealis-watching sites in the world, favoured by its inland geography and position under the aurora ovals where the celestial lights have their origin far above the earth.

"A good night, you're totally in awe," says Steve Herrett, who's been hosting visitors

here for eight years.

"My mouth falls open and my head goes back. It can make you feel so minuscule and tiny, it's so powerful. You feel gifted to experience something like it."

Most of the visitors are from Japan and Taiwan, says Herrett. China is a growing source, with even a few Canadians starting to take an interest in the light show in their own northern backyard.

A particularly good aurora, with vast veils of green and pink furling and rippling across the sky, is greeted like a rock star.

"All the girls start scream-

- Did you know? Lights can be seen at both the North and South pole. They are called aurora australis in the south.
 - What causes the lights? The beautiful light show is the result of a collision between charged particles from the sun's atmosphere and gaseous particles in the Earth's atmosphere.

gest it's not a sound at all, but a resonance the aurora actually produces within the human body.

It's about -20 C this night, mild by the standards of Yellowknife in January. But Aradhna Kaur of Singapore has never worn so many clothes. "Absolutely not," she says with a laugh, flexing the bulky sleeves of her village-provided parka. "It's odd, but interesting." THE CANADIAN PRESS

Deal



Sweetheart special

Impress your valentine this year with a night or two at the boho-chic Ace Hotel New York by booking through hotel connoisseurs Mr & Mrs Smith. The property won the Smith hotel award for hottest hotel bar last year. Soak up the NoMad neighbourhood vibe for around \$200 US plus tax. Head to smithhotels. com/luxury-hotels/ace-hotel-new-york. DOUG WALLACE/METRO

Trend

teria."



ing," Herrett says. "They're

just so excited. It's almost hys-

can hear the aurora.

crackling sound.'

And yes, sometimes you

"I've heard them once,"

He says some scientists sug-

says Herrett. "It sounds like

static electricity, a little bit of a

The eco-holiday

The world is your sustainable oyster. Websites and travel agencies like Eco Tour and Holidays for Humanity are gaining travel ground. Aqua Nicaragua Resort, for example, is designed as a tree house to minimize impact on the forest floor. Check out holidaysforhumanity.com and ecotourdirectory.com.

How-to



Breeze through airport security

1. Eliminate pocket fishing by putting everything in your jacket first thing in the morning, including jewelery. 2. Pack your belt in the carry-on, unless it's actually keeping up your pants. 3. Wear loafers so you don't have to deal with shoelaces or boots. 4. Check out NEXUS at cbsa-asfc. gc.ca. DOUG WALLACE/METRO



Whistler: For billionaires and backpackers

Ballin' and budgeting. Metro's Loren Christie

enjoys one of Canada's top ski destinations in two very different ways



ON THE MOVE

I recently checked out Whistler Blackcomb, both as a prince and a pauper. What could one day of skiing cost you at Canada's premier ski resort? Well it depends... somewhere between \$250 and \$10,000.

High roller - From Vancouver International Airport it's a quick shuttle to the Helijet terminal. My five-passenger helicopter ride to Whistler cost \$3,590 or \$718 per person if you are fortunate enough to have fellow travel-

Budget conscious - Look



Hitting the slopes at Whistler can be affordable.

for the Pacific Coach Lines shuttle bus just outside the airport's International Departures Area. After \$72 and a brief stop in downtown Vancouver, it's a three-hour drive to Whistler Village.

 $High\ roller - The\ opulent\ yet$ cozy presidential suite at the Four Seasons Resort & Residences Whistler will set you back at least \$3,000 a night. Budget conscious - Once used to house athletes during the 2010 Winter Games, the Hostelling International hostel at Cheakamus Crossing is an affordable \$39 a night. My cheery room came with three bunk mates and a shared bathroom.

High roller — Who better

to give me a lesson as I hit the slopes than an Olympian? I spent my day with Britt Janyk, one of several athletes who participate in the Snow School's exclusive Ski With an Olympian program. Cost: \$899 plus lift ticket.

Budget conscious - Head to the top of the Whistler Village

Gondola for your complimentary tour of the mountain with a mountain host. Offered daily, don't expect a ski lesson, but do expect to get your ski legs by getting oriented around this massive ski resort while hearing some local lore. Lift ticket packages vary in cost, but plan to pay \$100.

High roller — Araxi Restaurant & Bar is reputedly Gordon Ramsay's favourite restaurant in Canada. During the Olympics, medalists were invited to come in to this award-winning Whistler favourite for a glass of champagne. My five-course meal included B.C. sablefish and saddle of rabbit. Cost varies, but expect to pay \$150 per

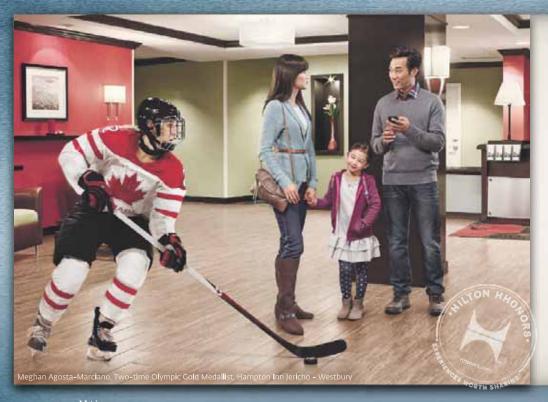
Budget conscious - When you enter the Whistler visitor centre, head to the back of the circular building and meet Rosie. The owner of Sushi to Go may barely eat sushi herself, but her creations are legendary in the village. A few pieces of sushi and a dynamite roll cost me **Bucket List**



WAYNE PRITCHARD

South Africa made affordable

While an African safari may seem like light years from reality, South African Airways has made it more accessible with a package starting at \$3,000 that includes flights (from New York or Washington D.C.), four nights at the incredibly cool Protea Hotel Fire & Ice in Cape Town and three nights at remote Shepherd's Tree Game Lodge in Pilanesberg National Park north of Johannesburg. A tour of the Cape Peninsula and a safari tour of the Pilanesberg Game Reserve are also covered. Go to flysaavacations.com. DOUG WALLACE/METRO



MEGHAN AGOSTA-MARCIANO DOESN'T

TAKE A WEEKEND OFF

BUT YOU CAN.

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Balance 'what can I get for you' with 'when's that paper due?'

Cash between classes.

There are many advantages to working while you're in school. Find a good employee-student balance and make the most of that extra income

RIANA TOPAN TalentEgg.ca Working part-time while in school is an excellent way to offset some of your tuition, textbook and housing costs.

However, it can be challenging to juggle a job on top of an already-busy student schedule.

Here are some suggestions for how to balance a job along with your studies.

Stay organized

Planning out your schedule is the most important step







to ensuring that you stay on top of your schoolwork and your job. Use a calendar that's connected to your email or one that you can download to your computer — or opt for a paper agenda. Whatever you choose, use your planner to schedule in class times and deadlines, shifts at work, time for studying, errands and exercise, social activities and any other commitments you have.

Seeing your schedule laid out like this will help you to manage your time well and plan in advance to make sure you don't let anything fall off your radar.

Be proactive about deadlines

Try setting "fake" due dates for yourself for assignments and exams a couple of days ahead of the real deadlines and aim to have your essay, report or studying completed by the earlier date.

Following this method, you'll always have a buffer period if you fall behind or you can use that time to review your notes again or proof-read your assignment one last time.

You should also start working on projects as soon as you get them. Not only will it help you to get a good sense of how much time you need to set aside to complete the assignment, it will also eliminate the anxiety that comes with a looming deadline for something you haven't started yet.

Be honest with your employer

Make it clear that your job is important to you but that your studies ultimately have to come first.

Your boss should already expect this and he or she will probably appreciate your dedication to your education

Of course you'll still need

Work hard, study hard

Treat your schoolwork like you treat your job:

- One of the hardest things about balancing course work as a student is time management, because there's no one watching over to make sure you don't procrastinate.
- When you're studying, act like you're at work: every minute counts, so make sure you're using your time wisely. You have to become your own boss — you should hold yourself to the same high standards an actual employer would.

to make sure you're still making your job a priority, however you can make things a little bit easier on yourself by arranging your working schedule around exams or assignments well in advance.

You should also be upfront with your employer about how many hours you are able to work each week without jeopardizing your schoolwork.

Offer to work a little extra during peak times. Employers will be more respectful of your schedule if you are respectful of theirs.

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metronews.ca Wednesday, February 5, 2014

Where in the world is your career going to take you?

What's the most important skill you use in your day?

@IbukunOL

Time management!

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start your career in finance, stick with it and do a CFA

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school contacts, candidates...

@MarinighPR:

Organizational skills!

An office on the move.

Of business meetings in Belgium and conferences in Cairo

TANIA DESA

You have a dream of working with a team of people from different cultures and back-

You want to jump on the red eye to have meetings in Paris, New York and Tokyo.

Essentially, you want to find a dream job in an exciting foreign city.

Great, so where do you

It all starts with a dream ... and a ton of research.

The dreaming phase

In order to get to where you're going, you have to know your destination. Crafting a vivid picture of where you want to be working and how you want to be living will give you a stronger sense of direction, inspire momentum and ignite action.

Write down your answers to the following five questions:

- What intrigues me most about living and working abroad? List experiences and places that immediately come to mind.
- How could the experience enhance my skills and market-
- What types of people do I love to be around? In which indus-



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tries can I find these people?

- What type of work do I get energized about? In what roles would I find this work?
- After work, what do I want to

do to have fun and relax? If you love attending concerts,

trendy arts scene, then a small town in Alaska may not be an If you are passionate about

> ventures, perhaps Zurich or Vancouver are top of the list. Look back on your answers. You have documented goals, industries, roles and countries or cities that spark your interest.

> hiking, skiing and outdoor ad-

the theatre and enjoying a

What trends do you notice? You may gravitate towards Asia to learn more about doing business in emerging markets. You may notice your passion for improving your Spanish draws

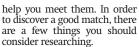
you closer to South America. Perhaps your entrepreneurial and tech start-up curiosity leads you to Israel.

Observe the trends in your thoughts and desires, then leap into the next phase.

The research phase

You can literally spend hours, days, even months learning all details of your perfect destination, but there is no such thing as the perfect city.

There are pros and cons to any location and a fulfilling international assignment is based on matching your objectives with a destination that can



Work visas and permits

You can easily shortlist your dream destination list by learning where Canada has bilateral youth mobility agreements for Canadians age 18-35 years old. These agreements lower the barriers to entry and can potentially get you to your destination faster.

Allow yourself time to process the paperwork — it's the less sexy part of working abroad, but it's a vital step. This will also prompt you to consider the length of time of your international assignment. Don't be discouraged if your dream destination doesn't appear in the list, it simply means you might have to explore alternative options like approaching companies to sponsor your work visa.

Cost of living and your

Think about your budget. Determine your monthly budget by listing expenses you expect to incur, then compare the costs in your new dream destination.

Local language

Look into the local language of your dream destination. Don't be surprised to land and learn that Catalan is the local language of Barcelona — look it up first! Be open to exploring cities with interesting foreign languages. Remember, the world is getting smaller and the language skills on your resumé could prove to be a competitive advantage.

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Industry trends

- If you are committed to working in a particular industry or field of work, read global reports indicating geographical
- Does the WTO say that China is investing in solar energy at twice the rate of European countries? If so, there will be a flood of fascinating projects and opportunities to dig into. Read industry news to gain important insights into your field of interest. Think globally in any field of work.

budget

Don't forget to grab your passport along with your paperwor

LIFE metronews.ca Wednesday, February 5, 2014 metr⊕



Hearty soup is an ode to Canadiangrown legumes



EXPRESS

Legumes such as lentils are grown in Canada and are a delicious and easy way to add fibre and protein to your

This soup can easily be doubled for a large crowd or you can use up half and freeze the other half in smaller portions for lunches or dinners later in the month.

- **1.** In a soup pot, heat oil over medium heat and cook onion, celery, garlic and Italian seasoning for about 5 minutes or until softened. Add lentils and stir to coat well.
- 2. Add broth, water, ham and red pepper; bring to boil. Reduce heat and add tomatoes. Cover and simmer for 30 minutes or until lentils are tender. Stir in parsley.

ASH FOOD



Biscuits

Make some yummy biscuits to serve up with your soup. This recipe yields about 12 of

- 1. Whisk together flour, sugar, baking granulated powder and salt. Cut in cubed butter until mixture resembles coarse crumbs. Drizzle over milk, stirring with a fork to make a soft, slightly sticky dough.
- 2. On a lightly floured surface, knead dough gently about 10 times. Pat dough into 1/2 inch (1 cm) thick square. Using floured knife cut into 12 pieces. Place on ungreased baking sheet. Brush tops of biscuits with a bit more milk. Bake in preheated 425 F (220

- There are different varieties of sodium-reduced and lower-fat sliced black forest ham options you can use in the soup. But using ham that's been chopped allows for distribution throughout the soup. This is also a great recipe to use up leftover roast ham.
- You can substitute 2 cans (19 oz/540 ml each) lentils, drained and rinsed for the 1 cup (250 ml) of dried lentils and reduce the cooking time to 15 minutes.
- Store your lentils in a resealable glass jar. Not only will it look great, but you will also see them and use them more often.

C) oven for about 12 minutes or until golden.

- 2 tsp (10 ml) canola oil
- 1 onion, chopped
- 1 large stalk celery, diced • 3 cloves garlic, minced
- 1/2 tsp (2 ml) Italian herb
- 1 cup (250 ml) dried green or brown lentils
- 1 box (900 ml) sodium reduced chicken broth
- 3 cups (750 ml) water
- 4 oz (125 g) thinly sliced black forest ham, finely chopped
- 1 red bell pepper, diced
- 2 tomatoes, seeded and diced
- 2 tbsp (25 ml) chopped fresh Italian parsley

- 2 1/2 cups (625 ml) all-purpose
- 2 tbsp (30 ml) granulated sugar
- 1 tbsp (15 ml) baking powder
- 1/4 tsp (1 ml) salt
- 3/4 cup (175 ml) cubed butter • 1 cup (250 ml) of milk

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Lunch. Sausage Borscht

Borscht is woefully underappreciated in North America. This classic dish is not only a great way to eat a ton of vegetables, it also can be incredibly delicious.

But it generally has a bad reputation. People think of it as a cold, stringy and mostly bland soup.

While it can be served cold, that's by no means the rule. And as for the stringy and bland part, no way. Borscht can get a stringy or mushy texture only if it's overcooked.

And if you've had a bland borscht, you just haven't had

1. In a large saucepan over medium-high, heat the oil. Add the onion and cook until just starting to brown, 3 to 5 minutes. Add the sausage and cook, breaking it up, until lightly browned, 3 to 5 minutes. Add the fennel and dill seeds and cook for another 30 seconds. Add the stock and bring to a simmer.

2. While the stock heats, fit a food processor with the large grating attachment. Grate the beets. Add the beets and any liquid in the processor to the

Ingredients

- 1 tbsp olive oil
- 1 large red onion, thinly sliced
- 1 lb loose spicy pork sausage meat
 - 1 tsp fennel seeds
 - 1/2 tsp dill seeds
- 1 quart beef stock
- Three 15-oz cans beets, drained
- Salt and ground black pepper
- Chopped fresh dill, to serve
- Sour cream, to serve

pan. Bring to a simmer and cook for 5 minutes. Season with salt and pepper. Ladle into bowls and serve topped with sour cream and dill.

THE ASSOCIATED PRESS

NLL

Undefeated Rush lead Canadian lacrosse squads

Ontario and British Columbia are the traditional lacrosse hotbeds in Canada, but the best professional indoor team in the country right now calls Alberta home.

The undefeated Edmonton Rush improved to 5-0 over the weekend, the only National Lacrosse League team yet to taste defeat so far this season.

In fact, the Rush are the only Canadian club with a winning record as Toronto (2-3), Calgary (2-3) and Vancouver (2-5) all lag behind Edmonton.

"It's early still and you don't want to get too high or too excited but we're playing well," said Rush head coach and general manager Derek Keenan. "It's a process of maturity."

Edmonton's defence has been exceptional so far, led by Kyle Rubisch.

"He's a bulldog," Keenan said of the two-time reigning NLL defenceman of the year. "He takes away opponents' space, he picks off passes and he's a beast when the ball is on the turf. His gap closure is scary good. Guys think they have a step on him or an opportunity to get by him and he's in their face and they're on their butt.

"He's a shut-down guy. He's got great vision and good hands, too. He fits our system so well. He's a good team guy. We're lucky to have him."

Meanwhile, Chris Corbeil was named captain when Jimmy Quinlan moved behind the bench as an assistant coach this year. THE CANADIAN PRESS

Oilers look to Marlies for redemption song

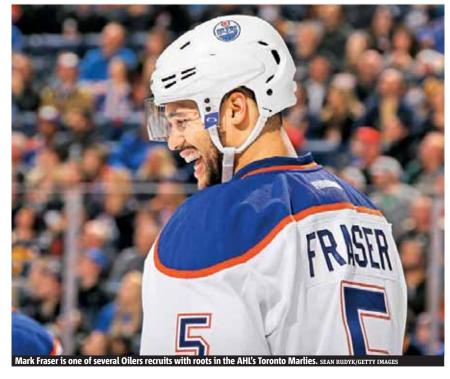


THE HOCKEY NEWS Ryan Kennedy

The recent acquisition of big, rugged defenceman Mark Fraser from the Maple Leafs continued a trend for the Oilers of bringing former Toronto Marlies into the fold. At the top of course is Edmonton coach Dallas Eakins, while player personnel include Fraser, goaltender Ben Scrivens and forward Will Acton.

There are plenty of jokes to be made that the Oilers had already been playing like an American Hockey League team before the arrival of the ex-Marlies, but there is some merit to this method. For a current success story, simply look at the Tampa Bay Lightning, a franchise that has defied all odds by staying near the top of the Eastern Conference despite the loss of NHL superstar Steven Stamkos up front for a long period of time. Part of the reason the Bolts have stayed afloat (apart from excellent goaltending from Ben Bishop and the offence of Marty St. Louis) is an influx of rookies and sophomores who cut their teeth with the 2012 AHL champion Norfolk Admirals.

The Admirals were a juggernaut that season, spawning prospects such as current rookie of the year candidate Tyler Johnson, linemate Ondrej Palat, defencemen Radko Gudas and Mark Barberio and forward Alex Killorn. All have contributed to the Lightning this season and all have drawn upon their experiences winning the Calder Cup.



Whatever works

"There are plenty of jokes to be made that the Oilers had already been playing like an American Hockey League team before the arrival of the ex-Marlies, but there is some merit to this method."

Ironically, the last team to stand in their way that year was the Toronto Marlies. Unfortunately for the Marlies, they were decimated by injuries en route to the final. The last and most serious setback came when Matt Frattin (now with the Los Angeles Kings)

crashed into the net while scoring an empty-netter in the conference final to seal Toronto's ticket to Norfolk. The opponent? Oklahoma City, also known as Edmonton's farm team.

So obviously there is some familiarity there within the

organization. And though Tampa Bay is still led by players such as Bishop and St. Louis, the young kids are perfect complementary threats (Johnson and Palat were playing on the top line with St. Louis, for instance).

While Edmonton doesn't have the breadth of Tampa in this category, Scrivens has already shown his mettle in town. The key now will be to find and breed the talent that can support the main crew; players such as Taylor Hall, Jordan Eberle, Ryan Nugent-Hopkins and even Justin Schultz.

CFL. QB Burris gets in on Redblacks' ground floor

Henry Burris couldn't pass up the chance to help build a franchise from the ground up.

The veteran quarterback signed a three-year contract with the expansion Ottawa Redblacks on Tuesday, just six days after getting released by the Hamilton Tiger-Cats.

"The opportunity to be a part of something fresh and new was something that my family and I just couldn't turn down," Burris said after being introduced to the media. "We had to be a part of this. This is an opportunity of a lifetime to



leave your fingerprints, your footprint on a growing organization that will be around for years and years to come."

THE CANADIAN PRESS

Scotties

Healthy Alberta squad tops P.E.I.

With Kesa Van Osch out with a flu bug that has been rampaging through the tournament, Patti Knezevic stepped in to lead B.C. (4-3) to a pair of wins at the Scotties Tournament of Hearts. Heather Smith and Nova Scotia (2-4), whose coach Peter Gallant was off sick, downed Quebec (1-6) 10-5, while a battle of healthy squads saw Alberta's Val Sweeting (5-2) top P.E.I.'s Kim Dolan (2-5) 8-5. THE CANADIAN PRESS

NHL. Price, Habs cool off Calgary with shutout win

Rene Bourque scored in the second period to give the Montreal Canadiens a 2-0 victory over the Flames on Tuesday, ending Calgary's five-game win streak in the process.

Carey Price made 27 saves for Montreal (30-21-6) for his fourth shutout of the year and second in four games.

David Desharnais added an empty-netter for the Canadiens.

Reto Berra stopped 25 shots for Calgary (21-28-7). Bourque, in only his second game against his old team, scored the winner for the Canadiens at 16:15 of the second period.

Bourque was rather fortuitous on the play, notching his eighth goal of the year when a Brandon Prust pass banked off his left leg and beat Berra.

The Flames have now lost four straight on the road.

The Canadiens, meanwhile, have yet to lose in regulation this year when leading after two periods (25-0-3).

THE CANADIAN PRESS

metronews.ca Wednesday, February 5, 2014 metr⊕ **SPORTS**

McMorris is on the mend ahead of Sochi showdown

Slopestyle. 20-year-old Regina native expects to fight through broken rib against world's best

Mark McMorris's first appearance at the Rosa Khutor Extreme Park this week was marred by pain and frustra-

A broken rib from a recent crash at the X Games had made things quite uncomfortable for the Canadian snowboard star. But a solid training run Tuesday changed his mindset and left him optimistic ahead of this week's slopestyle event at the Sochi Olympics.

"Battling through the pain yesterday was kind of frustrating and then I came up here today and it was just better way better," McMorris said. "I was able to jump and start doing tricks again. My confidence level is back up and I feel like I'm in a good place for breaking my rib 10 days ago."

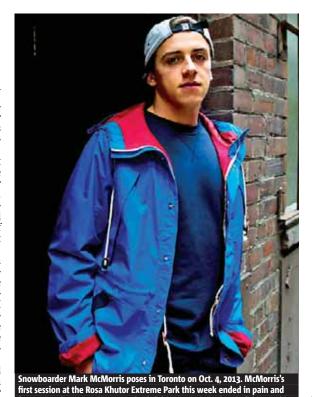
McMorris had been tabbed as a gold-medal favourite in the lead-up to the Games after a strong run on the slopestyle circuit over the last few years.

His crash at the X Games left things up in the air and created several big questions.

Would two weeks be enough time to recover? Could he return and be the same Mark McMorris?

If his big smile for the large scrum of reporters was any indication, McMorris should

Two days out before a nonelimination round, I couldn't be in a happier place," he said. "It's still broken, it's going to be painful and I know I'm going to have to ride through



frustration, but a good run Tuesday left him optimistic ahead of this week's slopestyle event in Sochi. NATHAN DENETTE/THE CANADIAN PRESS

"But just to get a shot at trying to do what I want to do is the important part."

The 20-year-old Regina native skipped Monday's practice session and instead went for a casual ride around the mountain. McMorris has been medically cleared to compete but even a light run left him in more pain than expected.

He was thrilled that he noticed a marked improvement iust 24 hours later.

McMorris credits his strong

lower back muscles for helping to provide stability in the area. He notes the pain is the same whether he's landing a big jump or putting on his socks.

Canadian teammate Sebastien Toutant has dealt with similar injuries in the past and is confident McMorris will fight through the pain.

"When we ride there is so much pressure and you're on adrenaline," he said. "So you don't feel the pain at that point. You just go for it."

There could also be some

There will be five snowboarding events in Sochi: halfpipe, snowboardcross. parallel giant slalom and two new ones — slopestyle and parallel slalom. Slopestyle is a ride down a hill with steeply angled jumps, rails and little bumps called "jibs." Parallel slalom is racing — a shortened version of parallel giant slalom that's been on the program since snowboarding was introduced in 1998.

White gold

No. 3?



Shaun White is going for his third straight halfpipe gold and trying to win in slopestyle.

positives to come from the in-

jury.

The McMorris hype machine was in full swing ahead of the Games. Now he can shift away from the intensity of the pressure and simply focus on getting himself physically ready to perform.

"I think it took a lot of stress away because I stopped thinking about my competing and everything else," McMorris said. "I just started focusing on myself and healing and making sure that I was going to be

Qualifying is set for Thursday. The semifinals and finals are on tap Saturday.

THE CANADIAN PRESS

Olympics. Team Canada anxious to defend title

Three days after arriving in Sochi, Canada's women's hockey players couldn't wait to get on the ice for their first pre-Olympic practice.

"Everyone was getting pretty antsy," defenceman Catherine Ward said. "We wanted to get out there. We were sitting by the boards waiting to finally step on."

It finally happened Tuesday as Canada spent about an hour shaking off the effects from their journey to Russia and the rust that had built up from a few days off. Even though goaltender Shannon Szabados said this was the longest the team had gone not practising since August, coach Kevin Dineen considered it a smart decision to wait.

"There was (a) little itch by us as a staff to get the team on the ice, but at the end of it, we felt that it was time well spent off the ice getting acclimated to the area," Dineen said.

If past history is any indication, there will be a lot of good days in the next few weeks for Canada, which has consistently been favoured in these tournaments. Barring something unexpected, the United States is the only real competition, and even some of Canada's recent exhibition struggles against the U.S. hasn't lowered the expectation.

"We expect from ourself to win," captain Caroline Oullette said. "It's no different than any other years and every other Olympics. That's what every athlete that is here wants and that's why we're

Szabados said it was the same level of pressure as Vancouver four years ago because "as a hockey player playing for Canada, I think your country expects gold just based on the history of Canadian hockey, as they should."



ser walks to the practice rink on Tuesday in Sochi. Russia

DRIAN WYLD/THE CANADIAN PR

But there are some more difficult circumstances this time, most notably switching coaches from Dan Church to Dineen two months before the start of the Olympics.

Women's hockey changes

THE CANADIAN PRESS

In order to boost competition in a sport that has been dominated by Canada and the United States, the women's hockey format was changed this year. The round-robin features a guaranteed grudge match between the North Americans, and a chance for them to earn a bye through to the semifinals.

Phenomenal Finn

Finland goalie Noora Raty was 41-0 at the University of Minnesota, leading





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Review. Times have changed: your budget no longer determines your brand

MALCOLM GUNN

wneelbasemedia.com

Audi is fueling the small-sedan craze with the next-generation A3 and the timing couldn't be better.

Big-luxury-car buyers, it seems, are finally discovering what many people have known for years: that driving small sedans can be lots of fun, especially when they come with plenty of amenities and are more cost- and fuel-efficient.

Catering to this emerging segment are Germany's primary builders of upscale rides. Mercedes-Benz recently jumped into the luxury-compact pool with the 2014 CLA 250 sedan. The BMW 1-series (soon to be the 2-series) is in the mix, but until the forthcoming four-door 2-series Grand Coupe arrives in a couple of years you'll have to settle for the two-door version.

The A3 brand has been available in North America since the 2006 model year, but only as a wagon. This spring, however, Audi will sell a brand new A3 sedan, followed by cabriolets (convertibles) and better-performing S3 models. Also in the pipeline is the A3 e-tron electric plug-in hatchback hybrid that is expected to arrive in about a year.

Along with a different body, the A3 has been given a new platform that pushes the front wheels forward by about four centimetres when compared to the previous wagon. That helps out in the passenger-space department, as does a nearly-five-centimetre gain between the front and rear wheels. Overall, the A3 is more than 15 centimetres longer (and slightly wider) than its predecessor.

Initially, the A3's powertrains will consist of a turbocharged 170-horsepower, 1.8-litre four-cylinder, with a turbocharged 220-horsepower 2.0-litre four-cylinder on the option sheet. By the end of the year, a 150-horsepower, 2.0-litre, turbo-diesel will be added as well as a more powerful version of the 2.0 gas engine

2015 Audi A:

- Type. Four-door, front-/allwheel-drive compact sedan
- Engines (hp) 1.8-litre DOHC I4, turbo (170); 2.0-litre DOHC I4, turbo (220)
- Transmissions. Six-speed automated manual
- Base price (incl. destination). \$33,100

Design

The A3 sedan pretty much sticks to the A4 and A6 styling script with a long hood and short rear deck plus sharp sheetmetal creases in between to keep things interesting. It's the kind of design that never seems to go out of fashion.

Interior

Inside, the car displays Audi's usual attention to detail. The standard pop-up seven-inch-diagonal control panel/navigation/infotainment display screen does seem out of place, but most reputable automakers are installing them along with twist-and-turn console-mounted controller dials to reduce dashboard button clutter.

for the S3 that generates about 290 horsepower.

The standard six-speed automated-manual transmission delivers fast shifts, while Quattro all-wheel-drive is offered with the 2.0 gas engine.

An integral part of the A3's drivetrains is Audi's drive select system with four distinct settings ranging from normal to sporty for the transmission shift points, throttle sharpness and power-steering effort and feel

In addition, the standard stability control (which prevents skids and spins) features an electronic differential lock that, during cornering, applies moderate braking to the inside front wheel to reduce the natural tendency to travel in a straight line even when the wheel is turned, called understeer.

For \$33,100 (which is about \$3,000 less than the Mercedes-Benz CIA 250), the A3 comes reasonably equipped with leather seat covers, a panoramic glass sunroof, bright xenon headlights and Bluetooth short-range wireless networking. Of course Audi will tempt you with an array of options such as a navigation system with unique three-dimensional

graphics, LED headlights and a Bang & Olufsen sound package that's usually found in models costing more than twice that of the A3.

The A3's most appealing quality, however, might be its ability to mimic its larger stablemates in looks and features while maintaining an attractive entry price. Even lavishly equipped, the A3 could easily be had in the low-\$40,000 range, which is the upper threshold for more mainstream sedans that lack the cachet or the performance prowess of this modestly sized Audi.



metronews.ca Wednesday, February 5, 2014

Advertised ice track delivers on slippery promise

Quebec's Mecaglisse.

The track north of Montreal is open all year but if you want a fun, frozen challenge now is the time to go



AUTO PILOT Mike Goetz drive@metronews.ca

Ice skates are expressly designed for travelling on ice. Passenger cars are not. They prefer pavement. So naturally there are people who like to take advantage of the vehicle's inherent inadequacies on ice and make sport of it

These people are not as mean as they sound, they just get a kick out of how fun and educational it is to explore the boundaries and techniques of car control. And when compared to pavement, ice affords that opportunity at a relatively lower speed, cost and risk.

"Learning the techniques to get control of a car going sideways on ice ... that's so much fun," says Franck Kirch-hoff. "More fun than driving on a road course at 200 km/h."

He should know, he's done both, and both on the same track. The track is part of Mecaglisse Motorsport Complex located in Quebec's Laurentian area north of Montreal. Along with his father, Kirchhoff owns and runs the operation, which features more than 15 km of tracks of various descriptions and surfaces.

In the non-winter months the facility is used for rally driving schools, defensive driving schools, motorcycle racing, club and corporate events, and public lapping days.

Same thing in the winter. Except for the motorcycle racing, and except for the fact that all of the activities are now done on snow and ice. The winter set-up includes one 2.5-km ice track, and one 2.5-km snow track. If the weather permits, they run this set up from the first



Testing out Nissan's new snow-ready AWD and traction and safety control systems on Quebec's Mecaglisse ice track NISSAN CANADA

week of January to the first week of March.

Nothing complicated about making an ice track over a paved track. Kirchhoff says the three-man crew first packs the snow down. After it is really hard and compacted,

they just add water, via trucks carrying water tanks.

"We spray a lot of water," he says one more time, to make sure I understand the tricky, technical concept. How thick is the ice? Kirchhoff uses his hands to signify

about a nine-inch layer.

I'm here at Mecaglisse as part of a Nissan press program, designed to showcase the virtues of the brand's snow-ready AWD and traction and safety control systems. They work as

advertised, and, also as advertised, the ice track is very slippery. Even with our studded tires and AWD, anytime you wanted to get hairy you could. Not that the Nissan instructors riding shotgun wanted us journalists to get too hairy. I didn't either — nobody wants to be first to put a crease in a brand new Nissan belonging to someone else.

I suppose most of us were going about 40-60 km/h on the more open sections of the track, and a lot slower on the tighter ones. Next week Porsche will come to Mecaglisse for its customerfocused Camp4 Driving Experience program. He figures when the Carrera 4S is deployed for hot laps it will be probably get up to 120 km/hr or so down the straight and doing so sideways.

Finally, I ask Kirchhoff if the facility has special equipment for pulling vehicles and their drivers out of the snow banks, when things don't go entirely as planned out there on the ice track? "Yes," he says, "We have big tractors."

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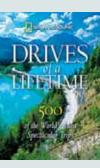
Parts department

WHEELBASE MEDIA

Get out and drive

If you have your own bucket list of places to see and routes to follow, the book Drives of a Lifetime, 500 of the World's Most Spectacular Trips, will be of particular interest. Written by the editors of National Geographic magazine, this 320-page coffee-table-style tome includes descriptions of spectacular roadways from all over the globe, as well as hundreds of accompanying maps and full-colour photos of the scenery you can expect on each journey. Some of the described routes include Alaska's Denali highway, the E4 highway in Norway that

leads to the Arctic Circle, Argentina's 5,000-kilometre Ruta 40 and the N9 road in Morocco that leads from Marrakech into the heart of the spectacular Atlas mountains. Drives of a Lifetime is available for \$40 US at shop.nationalgeographic.com.



The art of the kart



Think of a TrophyKart buggy as a scaleddown and less powerful version of the vehicles that compete in the Baja 1000, or similar off-road desert races. Of course that makes a TrophyKart much more affordable to own. The vehicle is built for kid- or adult-sized drivers. Trophy Kart's latest model is the 450RS that includes a water-cooled 450 cc all-terrain-vehicle (ATV) engine rated at 52 horsepower. That doesn't sound like much, but the company states the 450RS will top out at about 145 kilometres per hour. A 450RS lists for \$17,250 US, but the company also has a kid-sized RS200 model with a smaller engine available for \$10,560 US. Ordering and authorized dealer information can be found at trophykart.com.

Covered storage

Clever and innovative storage devices in the automotive field are prevalent these days as people maximize their vehicles. One such clever cargo-carrying approach comes from Cap Pack Innovative Truck Storage Products that has devised what it refers to an elevated compartmentalized storage system for the inside of your truck's pickupbed cap. The steel drawer-like container swings down from its perch on springloaded pivoting supports, yet its out-of-sight position maintains unobstructed visibility for the driver. It also holds up to 115 kilograms of readily accessible (and lockable) gear, leaving the rest of the bed space for transporting bulkier items. Prices start at

\$1,600 US. Complete product details can be found at cap-pack. com, while sites such as truckaccessorypro.com will take your order.



Green, clean machine

It's good for the environment and good business to manufacture socially responsible products. That's why Valvoline's Eagle One car-care products division has created its new EnviroShine brand. The products offered under this



banner include a liquid car wash, tire-shine gel, glass cleaner and combination wheel and tire cleaner. All are non-toxic and biodegradable (free of harsh phosphates, acids and solvents), but are also claimed to be no less effective at keeping your vehicle looking its best. There's a 26-ounce (768 millilitre) glass cleaner, a 64-ounce (1.9-litre) car wash and \$6-\$6.50 US for the 23-ounce (680-milliitre) wheel and tire cleaner and tire shine bottles. EnviroShine products are sold through many major department and auto parts stores. Discover more product details and retail outlets at eagleone.com/enviroshine.

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6.4 L/100 km (44 MPG) and City: 9.6 L/100 km (29 MPG).

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a cost of borrowing of \$71.09 and a total obligation of \$47.107.

OBased on 2013 EnerGuide Fuel Consumption Guide ratings publication WPG). 2014 Jeep Cherokee Sport - Hwy: 6.4 L/100 km (44

Based on combined highway/city 2014 EnerGuide

Time. Use your mobile device to build and price a ny model.

habits and other

will vary based on driving habits : 7.0 L/100 km (40 MPG) and Cit

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If you have a newer vehicle, chances are good it has a tire pressure monitoring system (TPMS). These systems continually check your tires and warn if the air in them falls below the correct pressure.

"Properly inflated tires make a vehicle handle better, and you need to be warned if you have rapid deflation," says Hugh Charvat, president and CEO of Schrader International, which makes TPMS systems. "It gives you the warning even before you feel it through the steering wheel.

Almost all TPMS systems used today are direct systems, meaning there's a pressure sensor inside the tire. Most sensors are part of the valve stem, but a few use a sensor strapped to the wheel inside the tire. A small number of automakers use indirect systems, which use the anti-lock

- Mandatory. Tire pressure monitoring systems are mandatory on all new cars sold in the United States. They're not required in Canada, but most new cars have them.
- Signs. Depending on the vehicle, you may have a warning light that indicates one of the tires is low, or a display that shows the specific tire pressure.
- Advice. The proper air pressure for your tires is on a sticker inside your driver's door jamb, the glovebox door, or the fuel filler door.

brake sensors to check the speed of each wheel and determine if one is turning more slowly, indicating a low tire.

The systems are set to the proper pressure for the car, and warn if a tire drops 25 per cent or more below it.

If your tire warning comes on when it's really cold, but goes off after you've been driving for a while, it could be that one of your tires is very close to the warning threshold.

"Temperature has impact on pressure, because gas expands and contracts," Charvat says. "The TPMS (warning) will come on, but when the tires warm up, the light will go off because the pressure inside the tire will increase. It's telling you to check the tires."

This could be because you have a leak in one tire, or that you haven't checked your tire pressure in a while. Tires are permeable, meaning that air molecules will gradually pass through them, and it could be that you've finally lost enough to set off the warning.

If you change to winter tires each season, but don't have pressure sensors in your winter wheels, your TPMS system won't work. "It's a smart investment to buy four additional sensors to maintain the

integrity of the system and keep it functioning," Charvat says. "If you have a slow or rapid leak, you're putting yourself at risk because you've intentionally disabled a safety

The sensors contain batteries, and after about 10 years, they'll probably need replacing. A blinking TPMS warning light could indicate either a dead sensor battery or a malfunctioning sensor, and should be checked as soon as

And even though you have a warning system, you should still check your tire pressure each month. A tire could be low enough that it's affecting your fuel economy, even though it's not down to the warning stage.

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Tire pressure sensors fit inside the tire to monitor pressure. BOTH IMAGES CONTRIBUT



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See today's answers at metronews.ca/answers.

Horoscopes

T Aries

March 21 - April 20

You may find it hard to predict what others are going to do but there is no need to keep looking over your shoulder. Despite one or two minor setbacks today, the rest of the week will be to your liking.

Taurus

April 21 - May 21

Two weeks from now, when the Sun moves into one of the more positive areas of your chart, you will get the chance to do your thing. Until then, accept that others are still calling the shots.

II Gemini May 22 - June 21

If you want to impress people, you had better be quick because as of tomorrow it won't be so easy. Maybe you should give up trying so hard and impress the one person who really counts — yourself.

Gancer

June 22 - July 23

Inspiration will come easy to you today but no matter how fast your mind is working don't try to turn ideas into reality until later in the month. Carry a notepad with you and keep a "To Do" list.

Ω Leo July 24 - Aug. 23

Anyone who thinks they can trick you into doing something that isn't in your interests is in for an awakening. Someone will try to put one over on you today but will end up looking foolish.

W Virgo Aug. 24 - Sept. 23

Someone you have to deal with over the next 24 hours will talk non-stop without saying much of any great

substance. Ignore them.

△ Libra

38

Sept. 24 - Oct. 23

Something you hear on the work front could benefit you but only if you act quickly. You are not the only one who is looking to get ahead.

M Scorpio

Oct. 24 - Nov. 22

You know what it is you desire and you know what needs to be done to get it, so stop playing around and get serious about your ambitions. Time is running out.

プ Sagittarius Nov. 23 - Dec. 21

You need to talk through issues that have been making life difficult for you. Someone needs to take the lead and according to the planets that someone will have to be you.

16 Capricorn

Dec. 22 - Jan. 20

You'll learn something to your advantage today but you must keep it to yourself. The urge to tell others may be strong but if you do they may try to benefit. There is only so much cash to go around.

Jan. 21 - Feb. 19

Take a good look at what is annoying you and ask yourself how important it really is. Most likely you will come to the conclusion that it's not worth another minute of your time or emotional energy. So forget it.

H Pisces Feb. 20 - March 20

Whatever you start today will most likely be a success, but as from tomorrow you won't be quite so lucky, so if there is something that simply has to be done you are advised to get on with - now. SALLY BROMPTON

Crossword: Canada Across and Down

12

16

19

36

40

44

58

30 29

Across 1. Berth

- 5. Electric quitar need
- 8. Recede
- 12. Data
- 13. Rivers: Spanish 15. Ms. Shire
- 16. Tiny amount
- 18. Leaves off
- 19. letter (Use the post)
- 20. Royal visit meetand-greet
- 22. TV crew pro: 2 wds.
- 24. "The English word 'or' is known
- '__' in French."
- 25. 'A' of A-bomb
- 29. TV clicker button 32. _-dokie
- 35. Matrikin 36. Chopper
- 37. Beach Volleyball great, Misty May-
- 39. Vintage auto 40. Billy Joel's "__ Man"
- 42. Intermission,
- 'acte
- 43. Model/actress Molly
- 44. High-_ (Overly energetic) 46. Flemish painter,
- Jacob van ___ the Elder 48. Movie of 1993
- based loosely on the Jamaican bobsled team of the 1988 Calgary Winter Olym-

32

45

62. Longing-for sound

63. "Yippee!" of yore

42

49

33

- pics: 2 wds. 54. Canadian pairs figure skating greats/
- 64. Mr. Olin's Olympians, Sale 65. Cake make, Sara and _ 57. "_
- 57. "____ to see the point?" 66. Library furniture piece 58. Extraterrestrial Down
- 59. Pacific or Atlantic 1. Bette Midler, The expanse Divine
- 2. Annually, ___ year 61. Sky sight
- 3. Out time to get more toner
- Provincial Park in Morpeth, ON; or, form of French poetry
- 5. Actress Ms. Meyers 6. "Happy Days" city
- 7. Of the Arctic
- 8. Southwestern Ontario county where

Sarnia is located 9. Assortment

- 10. 'If you', in French: 2 wds. 11. The Middle
- 14. 2010 Angelina Jolie movie
- 15. __ oven 17. Ancient T's
- 21. Car company 23. Ricky Nelson's "

Little Fool"

26. Husband: French

BY KELLY ANN BUCHANAN

- 27. Detail
- 28. Business bosses, briefly
- 29. Cartographer's
- creations
- 30. Emergency
- (Building sign)
- 31. Draw close
- 33. Mr. Somerhalder 34. Jeremy Piven's old
- show
- 37. Ad nauseam: 3 wds.
- 38. Bar query, "Straight
- rocks?"
- 41. Core part 43. Squelched
- 45. Obtained
- 47. Miffy mood 49. Driving needs, for
- short
- 50. Fix that squeak
- once more 51. Gullible
- 52. Canadian singer
- Mr. Vannelli's
- 53. Streamlined
- 54. Bunch
- 55. Montreal pronoun
- 56. Detroit football
- player
- 60. He's opposite

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

7	1	6	2	3	9	5	4	8
9	8	3	4	5	6	1	7	2
5	2	4	1	8	7	3	6	9
3	7	2	9	1	5	4	8	6
1	5	9	6	4	8	2	3	7
4	6	8	7	2	3	9	1	5
2	9	7	3	6	4	8	5	1
8	3	1	5	7	2	6	9	4
6	4	5	8	9	1	7	2	3

		1	5			9	7	
4						2		6
	8			1				4
	9				5	4		
			2		4			
		6	3				2	
1				7			6	
6		4						9
	5	7			3	8		

TODAY

MAX: -18°

MIN: -23

THURSDAY

MAX: -9° MIN: -25°

MAX: -16 (🚣

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